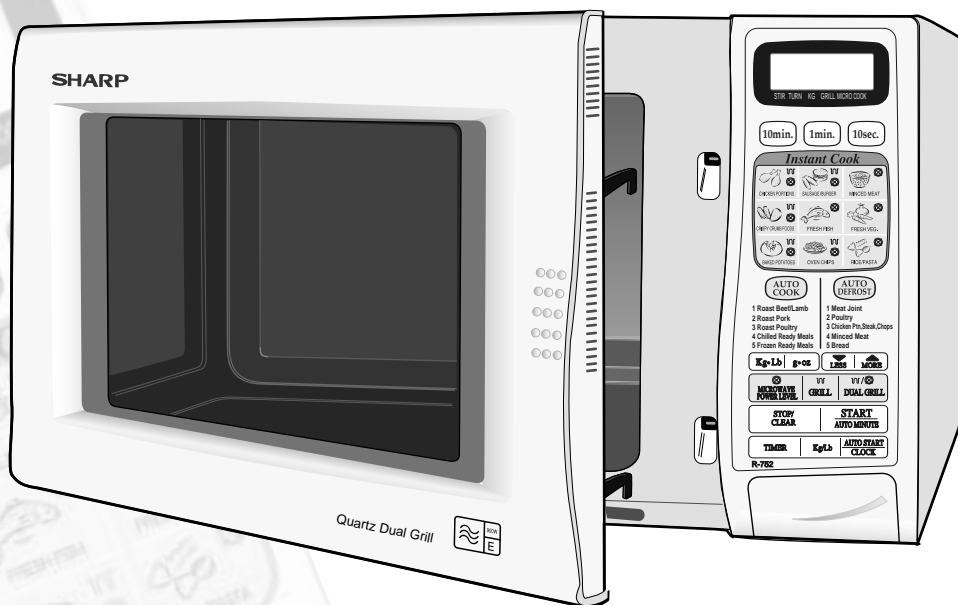


# SHARP



## R-752M MICROWAVE OVEN WITH GRILL OPERATION MANUAL WITH COOKBOOK

### OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

**IMPORTANT:** There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

## 900 W (IEC 705)

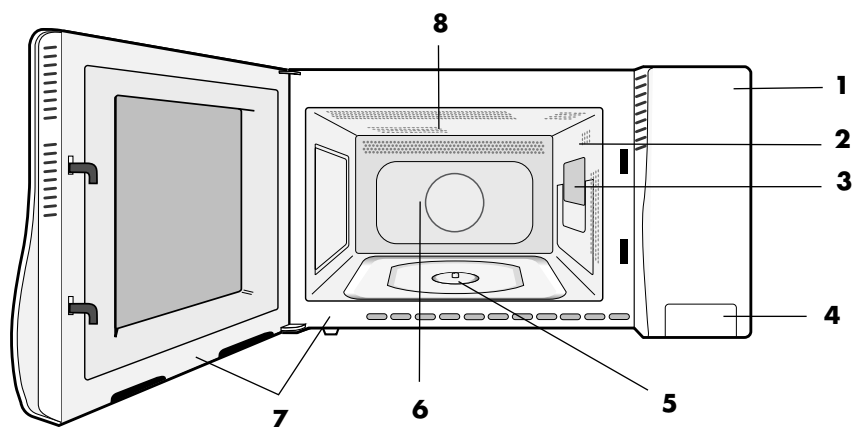




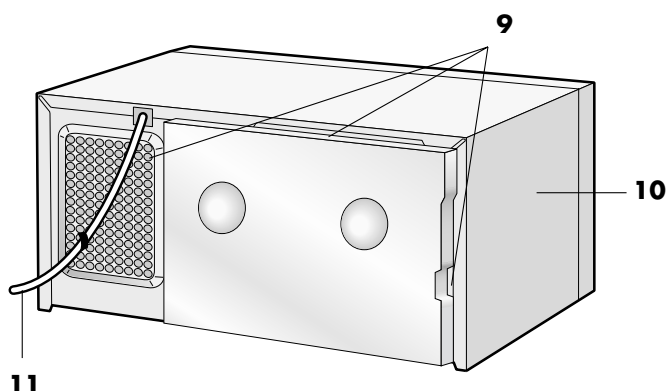
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## OVEN AND ACCESSORIES



- 1 Control panel
- 2 Oven lamp
- 3 Waveguide cover
- 4 Door opening button
- 5 Turntable support system
- 6 Oven cavity
- 7 Door seals and sealing surfaces
- 8 Grill heating element



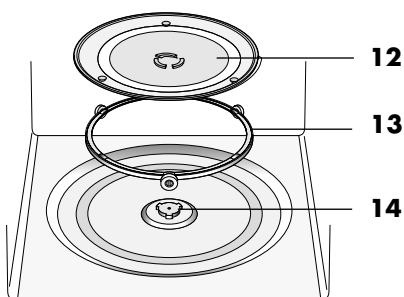
### ACCESSORIES:

Check to make sure the following accessories are provided:

**12** Turntable **13** Turntable support

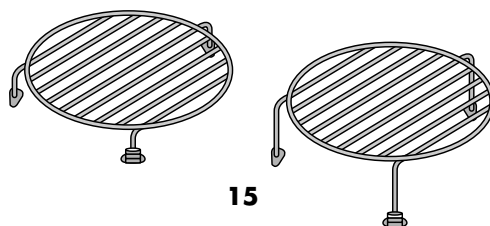
**14** Coupling

Place the turntable support in the centre of the oven floor so that it can freely rotate around the coupling. Then place the turntable on to the turntable support so that it locates firmly into the coupling.

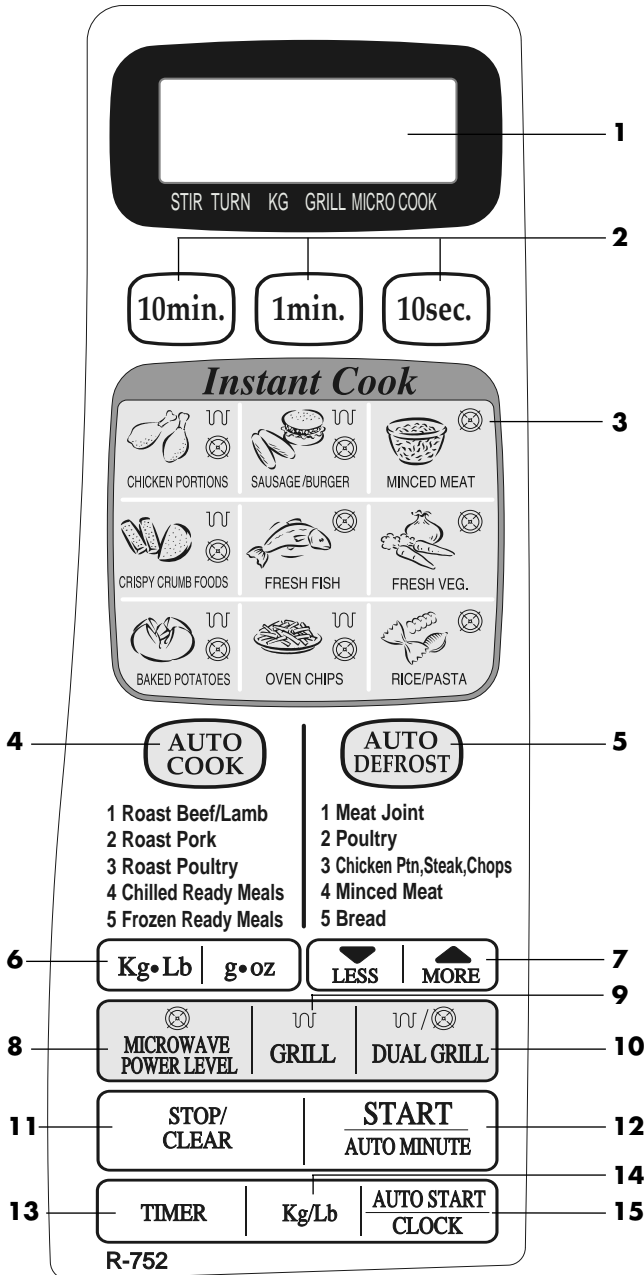


To avoid turntable damage, ensure dishes and containers are lifted clear of the turntable rim when removing them from the oven.

**15** High and Low racks (For use of the racks, refer to the grilling and dual grilling sections on page 19).



**NOTE:** When you order accessories, please mention two details: part name and model name to your dealer or SHARP authorised service facility.



## 1. DIGITAL DISPLAY

## 2. TIME keys:

Use to enter cooking time.

## 3. INSTANT COOK keys:

Use to cook foods illustrated.

## 4. AUTO COOK key:

Use for programming the **AUTO COOK** menus 1 - 5.

## 5. AUTO DEFROST key:

Use for programming the **AUTO DEFROST** menus 1 - 5.

## 6. Kg·Lb/g·oz keys:

Press to enter weight.

## 7. LESS/MORE keys:

Press to shorten/lengthen cooking time.

## 8. MICROWAVE POWER LEVEL key:

Press to select microwave power level.

## 9. GRILL key:

Press to select grill.

## 10. DUAL GRILL key:

Press to select a combination of microwave and grill.

## 11. STOP/CLEAR key:

Press once to stop a programme, and/or twice to cancel a programme.

## 12. START/AUTO MINUTE key:

Press to start a programme. Press to cook on 100P (HIGH) for 1 minute or increase time during cooking in multiples of 1 minute.

## 13. TIMER key:

Press to use as a minute timer, or to programme standing time.

## 14. WEIGHT CONVERSION key:

Use to alter weight unit, e.g. Kg/g to Lb/oz.

## 15. AUTO START/CLOCK key:

Use to set the clock, display the time or programme **AUTO START**.



## IMPORTANT SAFETY INSTRUCTIONS

### IMPORTANT SAFETY INSTRUCTION: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

#### Oven Use:

- The oven is for domestic food preparation only. Never operate when empty.
- Do not leave or store anything inside the oven when not in use.
- Never attempt to use the oven with the door open. It is important not to force or tamper with the door safety latches. This may result in exposure to microwave energy.
- Never operate the oven with any object caught in the door sealing surfaces, this again may cause microwave leakage.
- Do not insert fingers or objects in the holes of the door latches or air-vent openings, as this may damage the oven and cause an electric shock.
- If water or food drops inside the air vent openings switch off the oven immediately, unplug it and call a Service Technician appointed by SHARP.
- Never attempt to move the oven while it is operating.

**Pacemaker:** If you have a heart pacemaker, consult your doctor or the pacemaker manufacturer prior to oven use.

**WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.**

**Fire: If food overheats, starts to smoke or burn: Keep oven door closed; Turn oven off; Switch off the power at the socket and disconnect the plug from the socket. Failure to follow this procedure may result in fire and oven damage.**

**Liquids: Take care when microwaving liquids and beverages. To prevent delayed eruptive boiling of liquid and possible scalding: Stir liquid prior to and during heating/reheating, let liquid stand in the oven at the end of cooking.**

Do not allow anyone to play with the oven, or lean or swing on the oven door.



## INSTALLATION

### WARNING!

#### Inspect the Oven:

**Check the oven carefully for damage before and regularly after installation.**

- **Make sure the door closes properly, that it is not misaligned or warped.**
- **Check the hinges and door safety latches are not broken or loose.**
- **Ensure the door seal and sealing surfaces are not damaged.**
- **Inspect the oven interior and door for dents.**

#### Important:

**If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.**

1. Remove all packing materials. Do not remove the plastic film from the inside of the oven window as this protects it from dirt.
2. Place the oven on a secure, level surface, strong enough to take the oven weight, plus the heaviest item likely to be cooked in the oven.
3. Ensure there is a minimum of free space above the oven of 19cm.
4. Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains). Do not block or obstruct air vent openings, as obstructions may ignite due to the emission of hot air. Do not place items on top of the oven.
5. Make sure the power supply cord is undamaged (See Installation next page) and that it does not run under the oven or over any hot or sharp surfaces.
6. The socket must be readily accessible so that it can be easily unplugged in an emergency.
7. Do not use the oven outdoors.



## BUILDING-IN-KIT.

An installation frame is available which enables the microwave oven to be integrated within a kitchen unit.

The microwave oven is not designed to be built above or near a conventional oven.

SHARP recommend the use of the build in kit, EBR-4500, available from your SHARP dealer. Only the use of this frame will guarantee the quality and safety of the oven. When building, follow installation instructions (for B type) supplied carefully.

## IMPORTANT! ELECTRICAL CONNECTION.

- Do not allow water to come into contact with the power supply cord or plug.
- Insert the plug properly into the socket as the plug may otherwise overheat and catch fire.
- Do not connect other appliances to the same socket using an adaptor plug as it may cause the house wiring to overheat and catch fire.
- If the plug or socket is loose or the power supply cord is damaged, it must be replaced with a special cord. The exchange must be made by an authorised SHARP service agent. A defective plug, power supply cord or socket may overheat and catch fire during operation or cause an electrical shock.



- When removing the plug from the socket always grip the plug, never the mains lead as this may damage the power supply cord and the connections inside the plug.
- The product is fitted with a re-wireable plug. Should it not be suitable for the socket outlet in your home, remove the plug and fit an appropriate type, observing the wiring code given in "To replace the mains plug" on page 41.

If you wish to remove or replace the plug supplied, ensure the plug is removed properly and not cut off. When replacing the plug please ensure that you use a BSI or ASTA approved plug to BS1363, this should be fitted with a brown coloured 13 amp fuse approved by BSI or ASTA to BS1362. If you have any doubt about electrical connection seek the help of a qualified electrician.

## WARNING

### THIS APPLIANCE MUST BE EARTHED

To wire an appropriate plug, follow the wiring code given in "To replace the mains plug" on page 41.

## BEFORE OPERATION



Plug in the oven.

1. The oven display will flash:
2. Touch the **STOP/CLEAR** key the display will show:

Heat the oven using **GRILL** mode without food for 20 minutes. See note on page 9.

To set the clock, see page 6.

## Use of the STOP/CLEAR key.

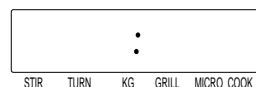
Use the **STOP/CLEAR** key to:

1. Erase a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, touch twice.

1.



2.





## SETTING THE CLOCK

Your oven is fitted with a clock which can be set to the time of day. There are two setting modes: 12-hour clock and 24 hour-clock.

To set the 12 hour-clock, press the **AUTO START/CLOCK** key **once**, **12H** will appear in the display.



To set the 24 hour-clock, press the **AUTO START/CLOCK** key **twice**, **24H** will appear in the display.

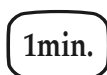
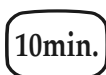


### Example:

To set the 12 hour clock to 12:35



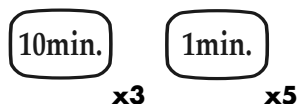
1. Press the **AUTO START/CLOCK** key once for the 12 hour clock.



2. Press the **10 MINUTE** key once and the **1 MINUTE** key twice to enter hours.



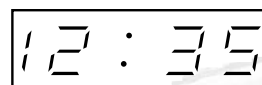
3. Press the **AUTO START/CLOCK** key again.



4. Press the **10 MINUTE** key 3 times and the **1 MINUTE** key 5 times to enter minutes.



5. Press the **AUTO START/CLOCK** key again to start the clock.



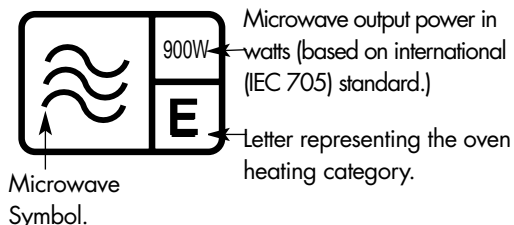
**Check the display.**

### NOTE:

1. Whilst in operation, the oven display will show the cooking mode and number of minutes/seconds of remaining cooking time. To check the time of day, press **AUTO START/CLOCK** key and the time of day will remain on the display as long as you keep your finger on the key. This does not affect the cooking process.
2. If the clock is set, when cooking is complete, the display will show the correct time of day. If the clock has not been set, the display will only show **:**  when cooking is complete.
3. If the electrical power supply to your microwave oven is interrupted, the display will intermittently show **88:88** after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.
4. When you want to reset the time of day, follow the above example again.



## MAFF HEATING CATEGORY



The heating category (a letter A to E) developed by MAFF (Ministry of Agriculture, Fisheries and Food) with microwave oven and food manufacturers indicates the ability of the oven to heat small quantities of food (up to 500g [1lb 2oz]). It does not represent the general performance of the oven.

OVEN OUTPUT POWER	<div>Less heating time required</div> <div>600 700 800 900 1000 Watts</div> <div>More heating time required</div>
OVEN OUTPUT CATEGORY	<div>Less heating time required</div> <div>A B C D E</div> <div>More heating time required</div>

Food packs carry cooking instructions for heating categories A to E. Follow instructions for the letter corresponding to the oven's heating category. The higher the output power and heating category of the oven the less heating time is required. As shown opposite.

## MICROWAVE POWER LEVELS

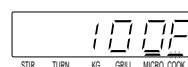


### Enter required time and select the power level:

There are 5 microwave power levels:



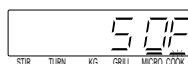
**x1** 100P (HIGH)



**x2** 70P (MEDIUM HIGH)



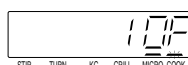
**x3** 50P (MEDIUM)



**x4** 30P (MEDIUM LOW)



**x5** 10P (LOW)



**IMPORTANT:** The microwave power level will default to 100P (HIGH) unless you press the **MICROWAVE POWER LEVEL** key to the desired setting. To help you decide which power level is suitable, follow the advice given in the charts; for defrosting see page 25, for cooking see pages 26-27, for reheating see page 28.

**Power level:** The microwave power level is varied by the microwave energy switching on and off. When using power levels other than 100P (HIGH) you

will be able to hear the microwave energy pulsing on and off as the food cooks or defrosts.

**Stopping the oven:** If you wish to stop the oven during cooking press the **STOP/CLEAR** key or open the oven door. To start the oven, close the door and press the **START/AUTO MINUTE** key. If you wish to cancel the cooking programme, press the **STOP/CLEAR** key twice.



## MICROWAVING

### Introduction:

Water, sugar and fat in food absorb microwaves and causes them to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together.

Outer areas of food are heated by microwave energy, and remaining portions by conduction. It is, therefore, important to **turn, rearrange or stir** food to ensure even heating. Where recommended, allow food to stand, this is not optional but necessary to ensure thorough cooking and is particularly important for dense food, such as joints of meat.

Microwaves pass through non-metallic dishes and utensils and heat the food inside the dishes. Microwaves are reflected by metal. The oven is lined with metal and has a fine metallic mesh in the door to prevent microwave leakage. Metallic dishes are not suitable for microwaving.

(See suitable cookware, page 19-20).



## HOW TO OPERATE THE OVEN

### Opening and closing the door:

To open the oven door, press the door opening button.

The oven lamp will come on while the door is open.

Close the door firmly and the oven lamp will go out.

### Stopping the oven:

If you wish to stop the oven during cooking press

**STOP/CLEAR** or open the oven door. To start the oven,

close the door and press **START/AUTO MINUTE**. If

you wish to cancel the cooking programme, press

**STOP/CLEAR** twice.

STOP/  
CLEAR

START  
AUTO MINUTE

Prepare and place food in suitable container onto the turntable or directly onto the turntable. Close the door.

### Example:

To cook on 100P (HIGH) power for 30 seconds.

10sec.

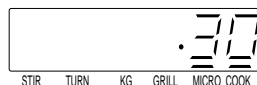
x3



x1

START  
AUTO MINUTE

x1



1. Enter cooking time, press the **10 SECOND** key three times.

2. Press the **MICROWAVE POWER LEVEL** key once for 100P (HIGH).

3. Press the **START/AUTO MINUTE** once to start cooking.

4. The display will count down through the cooking time.



### WARNING

**Always operate the oven with the turntable and support fitted correctly, see page 2. This promotes thorough even cooking. A badly fitted turntable may rattle, may not rotate properly and damage the oven.**

**The turntable rotates clockwise or counter clockwise. The rotary direction may change each time you start the oven. This does not affect cooking performance.**

## DEFROSTING



To defrost foods not included in the Auto Defrost menu, use microwave power levels 30P (MEDIUM LOW) or 10P (LOW). Stir or turn food at least 2-3 times during defrosting.

After defrosting, cover food or wrap in aluminium foil and leave to stand until thoroughly defrosted. Refer to the defrosting chart in the cookbook section on page 25.



## GRILLING



The grill at the top of the oven cavity has one power setting. Assisted by the turntable which rotates to ensure even browning, the grill is both economical and ideal for cooking bacon, gammon steaks, fish fingers and tea cakes or for making cheese on toast. It is also ideal for browning and crisping food which has been microwaved.

### NOTE:

When first using the grill heater, smoke and odour will be given off. To avoid this happening when food is being cooked, heat the grill heating element without food for approximately 20 minutes.

### Example:

To grill for 8 minutes.

1min.

x8



x1



x1



The display will count down through grilling time.

1. Enter the grilling time, press the **1 MINUTE** key eight times.

2. Press **GRILL** once.

3. Press **START/AUTO MINUTE** once to start grilling.

It is not necessary to preheat the grill. Follow recommended grilling times and procedures in the cookbook section (Page 24).

The high rack is recommended for grilling small items such as toast, bacon or steak, turn over half way through grilling. Place food directly on the rack, in a flan dish or on a heat-resistant plate.

When browning or crisping foods in a casserole dish, use the high rack if the container is shallow enough. However, it is advisable to place such containers directly onto the turntable or low rack - allow a little extra time to brown or crisp.



## DUAL GRILLING

The **DUAL GRILL** feature enables a combination of any one of four microwave power levels with the grill, 10P (LOW), 30P (MEDIUM LOW), 50P (MEDIUM) and 70P (MEDIUM HIGH). The combination of microwaves with the grill reduces cooking time and provides a crisp, brown finish giving you the convenience of fast cooking with a traditional appetising appearance.

**DUAL GRILL** is pre-programmed to combine the grill with 30P (MEDIUM LOW) microwave power. If you wish to change the microwave power level, press the **DUAL GRILL** or **MICROWAVE POWER LEVEL** key until the desired power level is shown on the display. The microwave power level will change.



**You cannot select the 100P (HIGH) power level.**

### Example:

To cook using DUAL GRILL, 50P (MEDIUM) microwave power for 15 minutes.

10min.

x1

1min.

x5



DUAL GRILL

x4



START  
AUTO MINUTE

x1

1. Press the **10 MINUTE** key once and the **1 MINUTE** key five times to enter a grilling time of 15 minutes.

2. Press **DUAL GRILL** 4 times.

3. Press **START/AUTO MINUTE** once to start cooking.



The display will  
count down  
through  
cooking  
time.

Use the high rack for grilling small items such as bacon or burgers, turn over halfway through cooking. Food can be placed directly on the high rack, on a heat-resistant plate or in a flan dish.

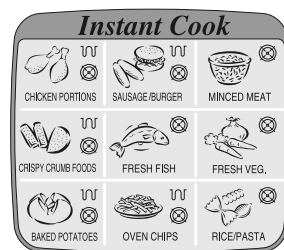
When browning or crisping foods in a casserole dish, use the low rack if the container is shallow enough. However, it is advisable to place such containers directly onto the turntable and allow a little extra time to brown and crisp.

Follow recommended Dual Grill times and procedures given in the charts on pages 29-30.

## INSTANT COOK



This function allows you to cook 9 popular menus at the touch of a key.



**Example:** To cook Fresh Fish weighing 450g.

Press the key displaying fish 3 times until 0.45 is displayed.

After 2 seconds the oven will start to cook.

Place the fish in the microwave, as described in the chart on page 12.

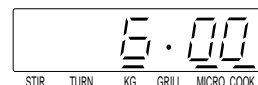
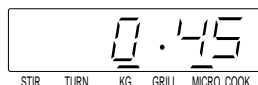


x3



**(it is not necessary to press the START/AUTO MINUTE key)**

**Display:**



### NOTE:

- The Instant Cook Function can only be input within one minute after cooking completion, closing the door or pressing the **STOP/CLEAR** key.
- Your oven comes set for kg/g mode. For converting to lb/oz, press the **WEIGHT CONVERSION** key prior to pressing the **INSTANT COOK** key.

When action is required (example, to turn food over) the oven stops and the audible signals sound, the remaining cooking time and any indicator will flash on the display. To continue cooking press the **START/AUTO MINUTE** key.

- You can use the **LESS/MORE** function. See page 17.
- The final temperature will vary according to the initial food temperature. Check the food is piping hot after cooking. If necessary you can extend the cooking time and change the power level.

## INSTANT COOK CHART



### INSTANT COOK

MENU	WEIGHT RANGE	COOKING PROCEDURE
Chicken Portions	1 - 4 pieces (1 piece = 300g)	<ul style="list-style-type: none"> <li>• Place chicken portion(s) on the high rack (best side down).</li> <li>• Turn chicken portion(s) over when the oven indicates.</li> <li>• After cooking, leave to stand covered with aluminium foil for 4-5 minutes.</li> </ul> <p><b>NOTE:</b> It is not possible to use the <b>LESS</b> key for chicken portion(s).</p>



# INSTANT COOK CHART

## INSTANT COOK

MENU	WEIGHT RANGE	COOKING PROCEDURE
Sausages / Burgers (chilled)  Frozen Burgers	100g, 200g, 300g, 400g	<ul style="list-style-type: none"> <li>• Prick sausages.</li> <li>• Place meat on high rack.</li> <li>• Turn over when oven indicates.</li> <li>• Serve after cooking.</li> </ul> <p><b>NOTE:</b> It is not possible to use the <b>LESS</b> key for this menu.</p> <ul style="list-style-type: none"> <li>• Select <b>MORE</b> for frozen burgers.</li> </ul> <p>CHILLED: 1 serving (100g) = 1 beefburger (1/4lb), 2 thick sausages or 4 thin sausages.</p> <p>FROZEN: 1 serving (100g) = 1 beefburger (1/4lb) (no sausages).</p>
Minced Meat	250g, 500g, 750g, 1kg	<ul style="list-style-type: none"> <li>• Place minced meat into a PYREX bowl.</li> <li>• <b>DO NOT COVER.</b></li> <li>• Stir when oven indicates.</li> <li>• After cooking, stir and stand for 2-3 minutes before serving.</li> </ul> <p><b>NOTE:</b> It is not possible to select <b>LESS</b> for this menu.</p>
Crispy Crumb Foods (ie fish fingers, chicken nuggets) (chilled & frozen)	100g, 200g, 300g, 400g	<ul style="list-style-type: none"> <li>• Place the chilled Crispy Crumb foods in a flan dish on the high rack.</li> <li>• Turn the food over when the oven indicates. After cooking, leave to stand for 2-3 minutes before serving.</li> </ul> <p><b>NOTE:</b> Use the <b>MORE</b> key for Frozen Crispy Crumb foods.</p>
Fresh Fish (Whole, fillets, steaks)	150g, 300g, 450g	<ul style="list-style-type: none"> <li>• Arrange in a single layer in a large flan dish, cover dish tightly with microwave cling film and pierce in several places. Place on the turntable.</li> <li>• After cooking, leave to stand for 2-3 minutes before serving</li> </ul>
Fresh Vegetables	150g, 300g, 450g, 600g	<ul style="list-style-type: none"> <li>• Cut, chop and slice into evenly sized pieces.</li> <li>• Place in a suitable sized casserole dish.</li> <li>• Add 15ml water per 100g of vegetables.</li> <li>• Cover dish with cling film and pierce in five places.</li> <li>• Stir when the oven indicates.</li> <li>• Stand for one minute then serve.</li> </ul>
Baked Potatoes	1 - 4 pieces (potatoes) 1 piece = 250g	<ul style="list-style-type: none"> <li>• Pierce each potato in several places, place towards the edge of the turntable.</li> <li>• Turn over as oven indicates.</li> </ul>
Oven Chips	100g, 200g, 300g, 400g	<ul style="list-style-type: none"> <li>• Place the frozen oven chips in a flan dish on the high rack.</li> <li>• Turn over when the oven indicates. Leave to stand for 2-3 minutes before serving.</li> </ul> <p><b>NOTE:</b> Use the <b>LESS</b> key for thin oven chips. Use the <b>MORE</b> key for thick oven chips.</p>
Rice / Pasta	100g, 200g, 300g	<ul style="list-style-type: none"> <li>• Place rice in a large bowl.</li> <li>• Add 300ml (1/2 pint) boiling water per 100g rice. Do not cover.</li> <li>• Stir when oven indicates.</li> <li>• Stand for 3-4 minutes before draining and rinsing in boiling water.</li> </ul>

# AUTO COOK/AUTO DEFROST




## AUTO COOK / AUTO DEFROST

This function enables you to cook or defrost those foods listed on the control panel (see page 3), of the microwave oven, or for more details, see the **AUTO COOK / AUTO DEFROST** chart on pages 14-15.

## HOW TO OPERATE AUTO COOK / AUTO DEFROST:

- Press **AUTO COOK** or **AUTO DEFROST** until the number corresponding to the food listed on the control panel appears in the display.

### Example:

- In the example given here, the **AUTO COOK** key is pressed once to select the first item, Roast Beef/Lamb. The display shows AC-1.
- Enter the weight in kg/g or lbs/oz.  
To convert to either weight unit press **WEIGHT CONVERSION** key  once.

### WEIGHT RANGE:

Food weight should be rounded up to the nearest 0.1 kg or 1 oz, for example, 0.65 kg to 0.7 kg and 12.5 oz to 13 oz.

You are restricted to enter a weight within the range given (see chart on pages 14-15).

To cook/defrost weights below or above that range, or foods not included in the **AUTO COOK / AUTO DEFROST** function refer to the charts on pages 25-31.

- In the example, 1.8 kg is entered by pressing the **Kg•Lb** key once and the **g•oz** key eight times.

- Press **START/AUTO MINUTE** to start cooking.

- The display counts down through the cooking time.

### NOTE:

- As recommended in the chart on the following page, press the **MORE** or **LESS** keys immediately before pressing the **START/AUTO MINUTE** key.
- The oven will display the error message (E E) if you input a weight which is outside the range given in the table on pages 14-15.  
To erase, press the **STOP/CLEAR** key.

### AUTO COOK

- 1 Roast Beef/Lamb
- 2 Roast Pork
- 3 Roast Poultry
- 4 Chilled Ready Meals
- 5 Frozen Ready Meals

### AUTO DEFROST

- 1 Meat Joint
- 2 Poultry
- 3 Chicken Ptn, Steak, Chops
- 4 Minced Meat
- 5 Bread

### Example:

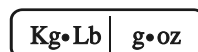
1.



x1



2.



x1



x8

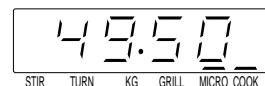
3.



x1




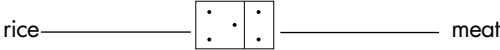

4.





# AUTO COOK CHARTS

## AUTO COOK

MENU NUMBER	WEIGHT RANGE	COOKING PROCEDURE
AC-1 Roast Beef/Lamb  AC-2 Roast Pork	0.6 - 1.8 kg (11lb 5oz - 3lb 15oz)	<ul style="list-style-type: none"> <li>Place meat in a flan dish on the low rack.</li> <li>Turn meat over when the oven indicates.</li> <li>After cooking, leave meat to stand covered in aluminium foil for 10 minutes.</li> </ul> <p><b>NOTE:</b> Use the <b>MORE</b> key for meat well done and the <b>LESS</b> key for rare meat. It is not possible to use the <b>LESS</b> key for pork.</p>
AC-3 Roast Poultry	1.2 - 1.8 kg (2lb 10oz - 3lb 15oz)	<ul style="list-style-type: none"> <li>Place poultry breast side down in a flan dish on the low rack.</li> <li>Turn poultry over when the oven indicates.</li> <li>After cooking, leave poultry to stand wrapped in aluminium foil for 10 minutes.</li> </ul> <p><b>NOTE:</b> It is not possible to use the <b>LESS</b> key for poultry.</p>
AC-4 Chilled Ready Meals	0.3 kg - 0.8 kg (11oz - 1lb 12oz)	<ul style="list-style-type: none"> <li>Using a skewer, pierce the film covering in five places. For one section containers:   </li> <li>For two section containers:   </li> <li>For bag types:   </li> <li>Place the meal in the centre of the turntable.</li> <li>When the audible signal sounds, stir and re-cover.</li> </ul> <p><b>NOTES:</b></p> <ul style="list-style-type: none"> <li>It is not possible to use the <b>LESS</b> key for this menu.</li> <li>Press <b>MORE</b> (▲) for cooking non-stirable meals.</li> <li>If the packaging is damaged, place food in a similar shape and size dish, wrap in cling film, pierce as above and cook.</li> <li>For DEEP DISH lasagne cook as manufacturers instructions.</li> </ul>
AC-5 Frozen Ready Meals	0.3 kg - 0.8 kg (11oz - 1lb 12oz)	<ul style="list-style-type: none"> <li>As above.</li> </ul> <p><b>NOTES:</b></p> <ul style="list-style-type: none"> <li>It is not possible to use the <b>LESS</b> key for this menu.</li> <li>Press <b>MORE</b> (▲) key for cooking non-stirable meals.</li> <li>If the packaging is damaged, place food in a similar shape and size dish, wrap in cling film, pierce as above and cook.</li> </ul>





## AUTO DEFROST

MENU NUMBER	WEIGHT RANGE	COOKING PROCEDURE
AD-1 Meat (Beef/Lamb and Pork Joints)	0.6 - 1.8kg (1lb 5oz - 3lb 15oz)	<ul style="list-style-type: none"> <li>Place meat in a flan dish on the turntable.</li> <li>Turn over when oven indicates.</li> <li>Leave to stand, wrapped in foil, for 60-90 minutes until thoroughly defrosted.</li> </ul>
AD-2 Poultry (Whole)	1.2 - 1.8kg (2lb 10oz - 3lb 15oz)	<ul style="list-style-type: none"> <li>Place meat in a flan dish on the turntable.</li> <li>Turn over when oven indicates.</li> <li>Leave to stand, wrapped in foil, for 60-90 minutes until thoroughly defrosted.</li> </ul>
AD-3 Chicken Portions, Steaks, Chops	0.3 - 1.2kg (11oz - 2lb 10oz)	<ul style="list-style-type: none"> <li>Place meat in a flan dish on the turntable.</li> <li>Turn over when oven indicates.</li> <li>Leave to stand for 15-30 minutes until thoroughly defrosted.</li> </ul>
AD-4 Minced Meat (Beef, Lamb & Poultry)	0.2 - 1.0kg (7oz - 2lb 3oz)	<ul style="list-style-type: none"> <li>Place in a pyrex bowl directly on the turntable.</li> <li>Turn over or stir when oven indicates and remove any defrosted parts.</li> <li>Leave to stand, covered with foil for 5-10 minutes or until thoroughly defrosted.</li> </ul>
AD-5 Bread	0.1 - 0.8kg (4oz - 1lb 12oz)	<ul style="list-style-type: none"> <li>Arrange on the turntable.</li> <li>Turn over/rearrange as oven indicated and remove any defrosted slices.</li> <li>Leave to stand for 5 minutes until thoroughly defrosted before using.</li> </ul>

**Auto defrost:** If necessary, small pieces of aluminium foil can be used to shield small areas of meat if they become warm during defrosting. Ensure foil does not touch oven walls.  
Do not cook meat until thoroughly defrosted.

When action is required (example, to turn food over) the oven stops and the audible signals sound, the remaining cooking time and any indicator will flash on the display. To continue cooking press the **START/AUTO MINUTE** key.

- The final temperature will vary according to the initial food temperature. Check the food is piping hot after cooking. If necessary you can extend the cooking time and change the power level.



## OTHER CONVENIENT FUNCTIONS

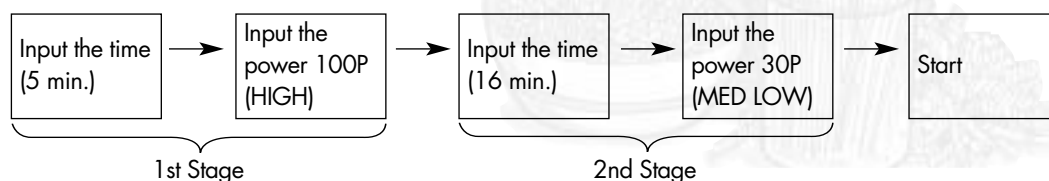
### 1. MULTIPLE SEQUENCE COOKING:

A sequence of 3 stages (maximum) can be programmed using combinations of **MICROWAVE**, **GRILL** or **DUAL GRILL**.

- To programme a series of sequences: Input the cooking time followed by the desired cooking mode.
- Repeat this procedure twice, to a maximum of three sequences.
- Finally, press **START/AUTO MINUTE** to start sequence cooking.

#### Example:

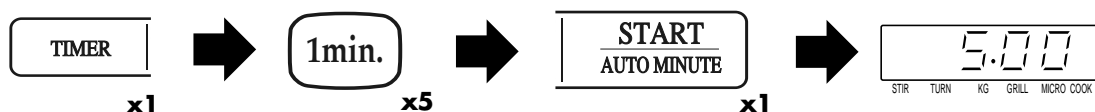
If you want to cook for 5 minutes on 100P microwave power and then for 16 minutes on 30P power.



### 2. TIMER:

You can use the **TIMER** for timing where microwave cooking is not involved. For example, to time a boiled egg cooked on a conventional hob, to monitor the standing time for microwaved food or to remind you of the time when making a phone call.

**Example:** To set the timer for 5 minutes.



1. Press **TIMER** key once.
2. Press **1 MINUTE** key 5 times.
3. Press **START/AUTO MINUTE** key once.
4. The display will count down. When the display reaches zero, the 'beep' signal will sound.

You can enter any time up to 99 minutes, 90 seconds. To cancel the **TIMER** whilst counting down, simply press **STOP/CLEAR** and the display will return to the time of day, if set.

## OTHER CONVENIENT FUNCTIONS



### 3. LESS (▼) AND MORE (▲)

The **LESS** and **MORE** keys allow you to cook food more or less than the pre-set programmes. For example, if you prefer beef which is rare, use the **LESS** key. Alternatively, if you prefer beef well done, use the **MORE** key.



- **Guide to the use of LESS and MORE with automatic programmes:**

- **INSTANT COOK:** Press the **INSTANT COOK** key then immediately press the **LESS** (▼) / **MORE** (▲) key.
- **AUTO COOK/AUTO DEFROST:** Press the **LESS** (▼) / **MORE** (▲) key before pressing the **START/AUTO MINUTE** key.

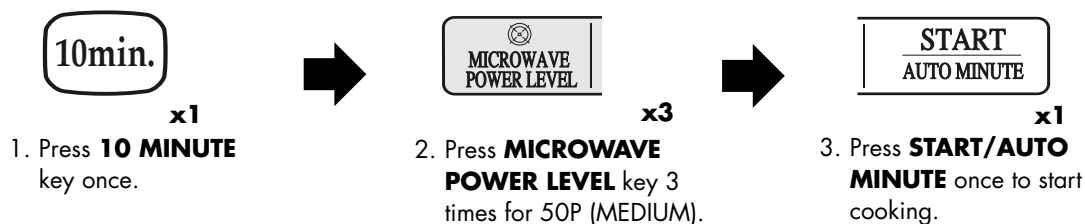
**NOTE:** To cancel **LESS** (▼) / **MORE** (▲), simply press the same key again.

- **Guide for use of LESS or MORE during manual oven operation:**

To alter cooking or defrosting time whilst oven is in operation, use **LESS** or **MORE**. Press **LESS/MORE** to decrease/increase the cooking or defrosting time in multiples of 1 minute. The overall cooking time can be increased to a maximum of 99 minutes.

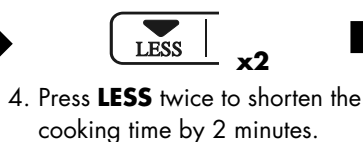
#### For example:

To cook on 50P (MEDIUM) for 10 minutes and then decrease the cooking time by 2 minutes.



#### The display will count down.

The time can be extended or shortened at any stage during the 10 minutes.



Cooking time is reduced by two minutes and continues to count down, for example.



### 4. AUTO MINUTE

**AUTO MINUTE** enables you to cook on 100P (HIGH) microwave power in multiples of 1 minute, or extend cooking time in multiples of 1 minute.

#### Example:

To cook on 100P (HIGH) for 2 minutes, press the **START/AUTO MINUTE** key twice.

**AUTO MINUTE** enables you to extend cooking time in multiples of 1 minute during cooking.



**NOTE:** The **AUTO MINUTE** function for direct start, can only be input within 1 minute after cooking completion, closing the door or pressing the **STOP/CLEAR** key. The cooking time may be extended to a maximum of 99 minutes.



## OTHER CONVENIENT FUNCTIONS

### 5. AUTO START

**AUTO START enables you to programme the oven to cook at any time during the:**

- next 12 hours (if the 12 hour clock is set).
- next 24 hours (if the 24 hour clock is set).

**IMPORTANT: It is recommended the oven is always attended when in use. Check to ensure you have programmed the oven correctly. Exceeding cooking times and use of excessive power levels can lead to food overheating and cause a risk of fire.**

- You can use **AUTO START** only with manual cooking.
- Before programming the oven, always check the display is showing the correct time of day.
- Once the oven is programmed for **AUTO START** the display will flash between the time of day and the **Auto**. If you press the **AUTO START/CLOCK** key and hold, the **AUTO START** time will be displayed until you release your finger from the key.
- If you want to cancel an **AUTO START** programme, press the **STOP/CLEAR** key.
- The **AUTO START** time can only be entered in multiples of 10 minutes. It is not possible to enter less than 10 minutes or any time which is not in multiples of 10 minutes.
- If the door is opened after programming, close the door and press the **START/AUTO MINUTE** key to continue with **AUTO START**.

#### AUTO START EXAMPLE

To cook on 50P (MEDIUM) for 20 minutes at 4:00 pm. (Using the 12 hour clock.)



1. Enter the time you want cooking to start, then press **AUTO START/CLOCK** once.

2. Press **10 MINUTE** key twice to enter the desired cooking time.



3. Set the power level, then press **START/AUTO MINUTE**.

**Display will flash**  
**Auto**  
**and the time of day.**



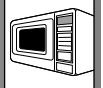
4. Oven will start pre-programmed cooking at set time.

**NOTE:** This function will only work if the clock has previously been set.

The oven cannot be used once the **AUTO START** has been programmed. To cancel the program, press **STOP/CLEAR** key.

### 6. TO CHECK THE POWER LEVEL

To check the microwave power level during cooking press the **MICROWAVE POWER LEVEL** key. As long as your finger is touching the **MICROWAVE POWER LEVEL** key the power level will be displayed. The oven continues to count down although the display will show the power level.



## **WARNING - Always attend the oven when in use.**

**Carefully follow the SHARP Operation Manual at all times. If you exceed recommended cooking times and/or use power levels that are too high, food may overheat, burn, and in extreme circumstances, catch fire and damage the oven.**

The microwave power level will default to 100P (HIGH) unless you press the **MICROWAVE POWER LEVEL** key to reach the desired setting. Take care when heating foods with high sugar or fat content, for example, Christmas pudding, mince pies and fruit cakes. Before use, the user should check that utensils are suitable for use in microwave ovens.







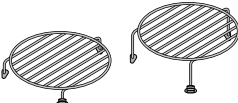
**Lids:** Always remove lids from food jars and containers before you use them in the oven. If you do not, steam and pressure will build up inside and the container may explode.

Do not place hot foods/utensils on a cold turntable, or cold foods/utensils on a hot turntable.

• **Liquids and other foods must not be heated in sealed containers since they are liable to explode.**

## **When microwaving, use only those utensils suitable for microwave cookery as indicated below.**

A variety of cookware can be used for microwaving. Round/oval dishes rather than square/oblong ones are recommended, as food in corners tends to overcook.

		<b>SUITABLE FOR MICROWAVE</b>	<b>GRILL</b>	<b>DUAL GRILL</b>
	Heat resistant glass, (e.g. Pyrex®, Fire King®, Corning Ware®).	<b>YES</b>	<b>YES</b>	<b>YES</b>
	Microwave-safe plastic cookware.	<b>YES</b>	<b>NO</b>	<b>NO</b>
	Microwave cling film, microwave roasting bags.	<b>YES</b> Microwave cling film and bags must be vented for steam to escape, pierce in 4-5 places. Do not use plastic or metal ties as they may melt or catch fire due to electrical 'arcing'.	<b>NO</b>	<b>NO</b>
	Heat-resistant china and ceramics.	<b>YES</b> Except for dishes with metallic decoration.	<b>YES</b>	<b>YES</b>
	Disposable containers: Thin plastic, paper, straw and wooden containers.	<b>YES</b> Always attend the oven closely. Look at the oven from time to time when cooking or reheating food in disposable containers of plastic, paper or other combustible material. Only use for warming food. Pay special attention as over-heating may cause a fire in your oven.	<b>NO</b>	<b>NO</b>
	Kitchen paper.	<b>YES</b> Always attend the oven closely. Only use to absorb fat and moisture when warming food. Pay special attention as over-heating may cause a fire in your oven.	<b>NO</b>	<b>NO</b>
	Metal Racks.	<b>YES</b> The metal racks supplied have been specifically designed for all cooking modes, their use will not cause arcing or damage to the oven.	<b>YES</b>	<b>YES</b>



## SUITABLE COOKWARE

### COOKWARE



Browning dishes  
& self-heating  
packages.

### SUITABLE FOR MICROWAVE

#### YES

Always place on an up-turned plate on the turntable to prevent heat stress. Follow manufacturer's instructions. Be careful as these become very hot. **Popcorn:** Only use microwave popcorn within recommended packaging (follow popcorn manufacturer's instructions). Never use oil unless the manufacturer recommends and never cook for longer than instructed.

### GRILL

#### NO

### DUAL GRILL

#### NO



Metal cookware.

#### NO

#### YES

Metal trays  
may be used.

#### NO



Aluminium  
foil & foil  
containers, made  
from "Micro Foil®".

#### YES

Use small pieces of aluminium foil to shield food from overheating. Keep foil at least 2cm from the oven walls. Foil containers are not recommended unless specified by the manufacturer, eg. MicroFoil®, follow instructions carefully.

#### YES

#### YES

See procedure  
recommended  
for microwaving.



## FOOD HANDLING & PREPARATION



**Face & Hands:** Always use oven gloves to remove food or cookware from the oven. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.



### Stir, turn & stand

For even cooking stir, turn or rearrange food during cooking. Where recommended, leave food to stand after cooking or defrosting.



### Initial and final temperature of food.

The initial temperature of food affects the amount of cooking time needed, eg. chilled food requires more cooking than food at room temperature.

**Check the temperature of food and drink and stir before serving. Take special care when serving babies, children or the elderly. The contents of feeding bottles and baby food jars should be stirred or shaken and the temperature checked before consumption to avoid burns.**

The temperature of the container is not a true indication of the temperature of the food or drink. Cut into foods with fillings, for example, jam doughnuts, to release heat or steam.



## Composition & quality

Food high in fat or sugar (Christmas pudding, or mince pies) requires less heating time and should be watched, over-heating can lead to fire. Good quality ingredients should be used for microwaving. Economical cuts of meat are recommended for casseroles.



## Piercing

**Food with skin (such as potatoes, apples, fish, chicken), or with membrane (such as the white and yolk of eggs, including boiled eggs), must be pierced in several places before cooking or reheating. If not, steam will build up and may cause food to explode. Note: Eggs in their shells and whole hard boiled eggs should not be heated in the microwave ovens since they may explode even after microwaving has ended.**



## Arrangement

Place thickest parts of food on the outside of the dish, for example, the meaty ends of chicken drumsticks should be placed on the outside of the dish.



## Covering

Fish, vegetables and certain other foods benefit from being covered during microwave cookery, follow recommendations where given and use vented microwave cling film or a suitable lid.



## Size & shape

Food size and shape affects the amount of cooking time needed. When cooking more than one portion of the same food ensure they are of a similar size and shape.



## Density & quantity

Food density and quantity affect the amount of cooking time needed, for example, potatoes require more cooking than peas; four potatoes will take longer to cook than two.



## Hygiene

Food hygiene standards (storage, handling and preparation) apply to microwaving. Always store convenience foods as recommended by the food manufacturer and keep no longer than the "Use By" date.



## ADVICE FOR REHEATING

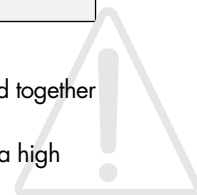


### WARNINGS:

**Oil & Fat:** Never heat oil or fat for deep frying as this may lead to overheating and fire. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.

**Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.**

- Remove food from foil or metal containers before reheating.
- Reheating times will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.
- To avoid overheating and fire, special care must be taken when reheating foods with a high sugar or fat content, for example, Mince pies or Christmas pudding.



### Plated meals

**Remove any poultry or meat portions, reheat these separately, see below.** Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling film and reheat on 50P (MEDIUM), stir/rearrange halfway through reheating. Ensure food is thoroughly reheated before serving.



### Casseroles

Cover with vented microwave cling film or suitable lid, reheat on 50P (MEDIUM). Stir frequently to ensure even reheating.



### Poultry portions

Place thickest parts of the portions on the outside of the dish, cover with microwave cling film and reheat on 70P (MEDIUM HIGH). Turn over halfway through. NOTE: Ensure poultry is thoroughly reheated, before serving.



### Sliced meat

Cover with vented microwave cling film and reheat on 50P (MEDIUM). Rearrange at least once to ensure even reheating. NOTE: Ensure meat is thoroughly reheated before serving.



### Pies

Place pies in a flan dish. Reheat meat pies on 70P (MEDIUM HIGH) and fruit pies on 50P (MEDIUM).



### Vegetables

Cover with vented microwave cling film or suitable lid and reheat on 50P (MEDIUM). Stir at least once during reheating.





## Meat joints

Place in a flan dish, turn over at least 4-5 times during defrosting, shield any warm areas with small, flat pieces of foil. After defrosting, wrap in foil and allow meat to stand for 60-90 minutes, until thoroughly defrosted.



## Poultry

Place in a flan dish, turn over at least 3-4 times during defrosting, shield any warm areas with small, pieces of foil. After defrosting, wrap in foil and allow poultry to stand for 60-90 minutes, until thoroughly defrosted.

**NOTE:** Do not defrost poultry with giblets.



## Steak, Chops & Chicken Portions

Place in a flan dish, separate during defrosting and turn over at least 2-3 times. Shield if necessary.



## Cubed & Minced Meat

Place in a flan dish, stir or turn over at least 3-4 times during defrosting, remove defrosted parts each time. For frozen blocks of meat see 'Minced Meat' in the charts on page 25.



## Whole fish & Fillets

Place in a flan dish, separate during defrosting and turn over at least twice. Shield if necessary.



## Prepacked Frozen Foods

Remove packaging, including any foil and place in a suitable dish.

### NOTES:

- To defrost food, use either 30P (MEDIUM LOW) or 10P (LOW) microwave power.
- Shield warm areas with small pieces of foil if necessary.
- It is important to turn food over, separate (where appropriate) and rearrange to ensure even defrosting.
- Standing time is necessary to ensure thorough defrosting.



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## INTRODUCTION

This Cookbook contains a wide variety of recipes developed specifically for your microwave oven. These will give you successful results and will save time and electricity. The recipes demonstrate the capabilities of your oven and prove that microwave technology is the efficient and effective alternative to conventional cooking.

The cookery notes below compliment all cooking procedures in this cookbook and should be read in advance of recipe preparation.

- Where dishes are covered use vented microwave cling film unless otherwise stated. Where dishes are lined, use greaseproof paper unless otherwise stated.
- Please note that all preparation times and serving quantities are approximate.
- All ingredients are given in both metric and imperial measures. Use either set but not a combination of both measures.
- Serve all dishes immediately unless otherwise stated.
- Butter and margarine can be interchanged on recipes, as preferred.
- Half-fat, skimmed or full-fat milk may be used in all recipes, as preferred.
- Where it is necessary to blend foods, use a food processor, liquidiser or press through a sieve.

## CONVERSION CHARTS

### WEIGHT MEASURES

15g	1/2oz
25g	1oz
50g	2oz
100g	4oz
175g	6oz
225g	8oz
450g	1lb

### VOLUME MEASURES

30ml	1flop
100ml	3flop
150ml	5flop (1/4pt)
300ml	10flop (1/2pt)
600ml	20flop (1pt)

### SPOON MEASURES

1.25ml	1/4 teaspoon
2.5ml	1/2 teaspoon
5ml	1 teaspoon
15ml	1 tablespoon

# DEFROSTING CHARTS



FOOD	DEFROST TIME	MICRO POWER LEVEL	▼ METHOD	● STANDING TIME
<b>Meat Joints (Beef,Lamb,Pork)</b>	23-25 Minutes/ 450g (1lb)	LOW 10P	Place in a flan dish. Turn over 4-5 times during defrosting. Shield.	45-60 Minutes
<b>Minced Meat</b>	8-9 Minutes/ 450g (1lb)	MEDIUM LOW 30P	Place on a plate. Turn over 3-4 times, removing defrosted mince each time.	15-20 Minutes
<b>Steak 2cm (3/4") thick</b>	11-12 Minutes/ 450g (1lb)	MEDIUM LOW 30P	Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.	25-30 Minutes
<b>Chops</b>	14-16 Minutes/ 450g (1lb)	MEDIUM LOW 30P	Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.	25-30 Minutes
<b>Liver</b>	9-10 Minutes/ 450g (1lb)	MEDIUM LOW 30P	Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.	25-30 Minutes
<b>Sausages</b>	10-12 Minutes/ 450g (1lb)	MEDIUM LOW 30P	Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.	15-20 Minutes
<b>Bacon</b>	10-12 Minutes/ 450g (1lb)	MEDIUM LOW 30P	Place on a plate. Separate and re-arrange twice during defrosting. Shield.	5-10 Minutes
<b>Beefburgers</b>	10-12 Minutes/ 450g(1lb)	MEDIUM LOW 30P	Place on a plate. Turn over and separate twice during defrosting.	15-20 Minutes
<b>❖ Whole Poultry (Chicken,Turkey,Duck)</b>	20-22 Minutes/ 450g(1lb)	LOW 10P	Place in a flan dish. Turn 4-5 times, during defrosting. Shield.	45-60 Minutes
<b>Chicken Portions</b>	8-9 Minutes/ 450g (1lb)	MEDIUM LOW 30P	Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.	25-30 Minutes
<b>Chicken/Turkey Breasts &amp; Drumsticks</b>	10-12 Minutes/ 450g(1lb)	MEDIUM LOW 30P	Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.	15-30Minutes
<b>Minced Turkey</b>	10-12 Minutes/ 450g(1lb)	MEDIUM LOW 30P	Place in a bowl. Turn 3-4 times, removing defrosted mince each time.	15-20 Minutes
<b>Whole Fish (Trout, Mackerel)</b>	8-9 Minutes/ 450g(1lb)	MEDIUM LOW 30P	Place in a flan dish. Separate and re-arrange twice during defrosting. Shield.	15 Minutes
<b>Fish Fillets/Steaks</b>	8-9 Minutes/ 450g (1lb)	MEDIUM LOW 30P	Place in a flan dish. Separate and re-arrange twice during defrosting. Shield.	15 Minutes
<b>Apples/Blackcurrants Redcurrants/Raspberries Blackberries/Gooseberries Rhubarb/Strawberries</b>	7-8 Minutes/ 450g(1lb)	MEDIUM LOW 30P	Place in a dish. Stir during defrosting. Shield.	15-20 Minutes
<b>Bread (sliced)</b>	6 Minutes/ 400g(14oz)	MEDIUM LOW 30P	Place on the turntable. Separate and rearrange during defrosting.	5-10 Minutes
<b>Pastry (Puff or Shortcrust)</b>	5 Minutes/ 450g(1lb)	MEDIUM LOW 30P	Place on a plate. Turn over half way through defrosting.	10-15 Minutes
<b>Meat &amp; Fruit Pies (cooked)</b>	7 Minutes/ large pie	MEDIUM LOW 30P	Remove from foil container. Place in a flan dish.	15-20 Minutes

- ▼ Method: If shielding is necessary, use small pieces of foil.  
❖ Poultry: Chicken, turkey and duck must be defrosted without giblets.  
● Standing Time: During recommended standing time, wrap or cover food in foil.



## COOKING CHARTS

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
<b>Beef (rare) (Topside, Silverside)</b>	9-10 Minutes/ 450g (1lb)	MEDIUM HIGH 70P	Place in a flan dish. Turn over halfway through cooking.	6 Minutes
<b>Beef (medium) (Topside, Silverside)</b>	12-13 Minutes/ 450g (1lb)	MEDIUM HIGH 70P	Place in a flan dish. Turn over halfway through cooking.	8 Minutes
<b>Beef (well done) (Topside, Silverside)</b>	16-17 Minutes/ 450g (1lb)	MEDIUM HIGH 70P	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
<b>Beefburgers</b>	10 Minutes/ 450g (1lb)	MEDIUM HIGH 70P	Place in a flan dish. Turn over halfway through cooking.	2-3 Minutes
<b>Minced Meat</b>	8 Minutes/ 450g (1lb)	MEDIUM HIGH 70P	Place in a bowl. Stir 2-3 times during cooking.	2-3 Minutes
<b>Sausages (thick)</b>	4 Minutes/ 4 sausages	HIGH 100P	Place in a flan dish. Turn over halfway through cooking.	2 Minutes
	6 Minutes/ 8 sausages	HIGH 100P	Place in a flan dish. Turn over halfway through cooking.	2 Minutes
<b>Sausages (thin)</b>	2 Minutes/ 4 sausages	HIGH 100P	Place in a flan dish. Turn over halfway through cooking.	2 Minutes
<b>Lamb (Fillet, Shoulder, Leg)</b>	17 Minutes/ 450g (1lb)	MEDIUM HIGH 70P	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
<b>Lamb Chops</b>	10 Minutes/ 450g (1lb)	MEDIUM HIGH 70P	Place in a flan dish. Turn over halfway through cooking.	5 Minutes
<b>Pork (Loin, Leg)</b>	18-19 Minutes/ 450g (1lb)	MEDIUM HIGH 70P	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
<b>Pork Chops (with bone)</b>	17 Minutes/ 450g (1lb)	MEDIUM HIGH 70P	Place in a flan dish. Turn over halfway through cooking.	4-5 Minutes
<b>Pork Chops (boneless)</b>	13 Minutes/ 450g (1lb)	MEDIUM HIGH 70P	Place in a flan dish. Turn over halfway through cooking.	4-5 Minutes
<b>Gammon Joint</b>	18-19 Minutes/ 450g (1lb)	MEDIUM HIGH 70P	Place in a flan dish. Turn over 4 times during cooking.	10 Minutes
<b>Bacon</b>	3 Minutes/ 4 slicers	HIGH 100P	Place on a plate. Turn over halfway through cooking.	1 Minutes
<b>Whole Poultry (Chicken, Turkey, Duck)</b>	10 Minutes/ 450g (1lb)	HIGH 100P	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
<b>Chicken Portions (Chicken/Turkey Breasts &amp; Drumsticks)</b>	10 Minutes/ 450g (1lb)	HIGH 100P	Place in a flan dish. Turn over halfway through cooking.	5 Minutes
<b>Minced Turkey</b>	8 Minutes/ 450g (1lb)	HIGH 100P	Place in a bowl. Stir 2-3 times during cooking.	5 Minutes
<b>Fish Fillets</b>	6-7 Minutes/ 450g (1lb)	HIGH 100P	Place in a single layer in a flan dish. Cover and cook.	2-3 Minutes
<b>Whole Fish &amp; Steaks</b>	7 Minutes/ 450g (1lb)	HIGH 100P	Place in a single layer in a flan dish. Cover and cook.	2-3 Minutes

# COOKING CHARTS



**NOTE:** Cook all food below in a casserole dish.

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
<b>Aubergines &amp; Broccoli (fresh)</b>	6 Minutes/ 225g (8oz)	HIGH 100P	Slice. Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Beans (green - fresh)</b>	6 Minutes/ 225g (8oz)	HIGH 100P	Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Brussels Sprouts (fresh)</b>	6 Minutes/ 225g (8oz)	HIGH 100P	Add 45ml (3 tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
<b>Cabbage, Carrots, Cauliflower, Celery</b>	6 Minutes/ 225g (8oz)	HIGH 100P	Slice or break into florets. Add 30ml (2tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
<b>Corn on the Cob (fresh)</b>	7 Minutes/ 225g (8oz)	HIGH 100P	Add 45ml (3tbsp) water. Cover. Stir 1/2 through cooking.	2 Minutes
<b>Courgettes &amp; Leeks (fresh)</b>	5 Minutes/ 225g (8oz)	HIGH 100P	Slice. Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Parsnips &amp; Spinach (fresh)</b>	6 Minutes/ 225g (8oz)	HIGH 100P	Slice. Add 45ml (3tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
<b>Peas (fresh)</b>	5 Minutes/ 225g (8oz)	HIGH 100P	Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Potatoes, Jacket (250g/9oz - each)</b>	12 Minutes/ 2 potatoes	HIGH 100P	Pierce in several places. Place on the edge of the turntable.	4 Minutes
<b>Potatoes, Boiled (old &amp; new - fresh)</b>	11 Minutes/ 225g (8oz)	HIGH 100P	Cut into quarters. Add 60ml (4tbsp) water. Cover. Stir halfway through cooking.	4 Minutes
<b>Swede &amp; Turnips (fresh)</b>	8 Minutes/ 225g (8oz)	HIGH 100P	Dice. Add 45ml (3tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Beans &amp; Cabbage (green - frozen)</b>	6 Minutes/ 225g (8oz)	HIGH 100P	Place in dish. Add 15ml (1tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Broccoli, Leaf Spinach /Brussels Sprouts (frozen)</b>	7 Minutes/ 225g (8oz)	HIGH 100P	Place in dish. Add 15ml (1tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Carrots - sliced (frozen)</b>	7 Minutes/ 225g (8oz)	HIGH 100P	Place in dish. Add 15ml (1tbsp) water. Cover dish. Stir halfway through cooking.	3 Minutes
<b>Cauliflower florets (frozen)</b>	6 Minutes/ 225g (8oz)	HIGH 100P	Place in dish. Add 15ml (1tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Corn on the Cob (frozen)</b>	12 Minutes/ 2 cobs	HIGH 100P	Place in dish. Cover dish. Turnover halfway through cooking.	3 Minutes
<b>Peas, Sweetcorn &amp; Mixed Vegetables (frozen)</b>	6 Minutes/ 225g (8oz)	HIGH 100P	Place in dish. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Apples &amp; Rhubarb</b>	6 Minutes/ 450g (1lb)	HIGH 100P	Peel & slice. Place in a dish and cover. Stir during cooking.	2 Minutes
<b>Blackberries/Raspberries/Redcurrants</b>	6 Minutes/ 450g (1lb)	HIGH 100P	Place in a dish and cover. Stir during cooking.	2 Minutes



## COOKING CHART

FOOD	* COOKING TIME	MICRO POWER LEVEL	METHOD	● STANDING TIME
<b>White rice (long grain)</b>	14-15 Minutes	MEDIUM HIGH 70P	Add 300ml (1/2 pint) boiling water/100g (4oz) rice. Do not cover. Stir twice during cooking.	5 Minutes
<b>Brown rice (dried)</b>	20-21 Minutes	MEDIUM HIGH 70P	Add 400ml (14fl.oz) boiling water/100g (4oz) rice. Do not cover. Stir twice during cooking.	5 Minutes
<b>Spaghetti (short cut)</b>	11-12 Minutes	MEDIUM HIGH 70P	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	4 Minutes
<b>Macaroni (short cut)</b>	12-13 Minutes	MEDIUM HIGH 70P	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	4 Minutes
<b>Tagliatelle</b>	10-11 Minutes	MEDIUM HIGH 70P	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	4 Minutes
<b>Pasta shells (dried)</b>	11-12 Minutes	MEDIUM HIGH 70P	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	4 Minutes
<b>EGGS</b>				
<b>Omelette</b>	15g (1/2oz) butter 4 eggs (medium) 90ml (6tbsp) milk salt & pepper	HIGH 100P	1 Whisk together eggs and milk. Season. 2 Place butter in a 25.4cm (10") flan dish. Heat on 100P (HIGH) for 1 minute, until melted. Coat the dish with the melted butter. 3 Pour omelette mixture into flan dish. Cook on 100P (HIGH) for 2 minutes. Whisk mixture and cook again on 100P (HIGH) for 4 minutes.	30 Seconds
<b>Scrambled</b>	15g (1/2oz) butter 2 eggs (medium) 30ml (2tbsp) milk salt & pepper	MEDIUM HIGH 70P	1 Melt the butter in a bowl on 70P (MEDIUM) for 1 minute. 2 Add the eggs, milk and seasoning and mix well. 3 Cook on 70P (MEDIUM HIGH) for 3 minutes, stirring every 30 seconds.	30 Seconds
<b>Baked/ Poached</b>	2 eggs (medium)	HIGH 100P	1 Break each egg into a ramekin dish. Carefully pierce the white and yolk in 3-4 places. 2 Cover and cook on 100P (HIGH) for 50 seconds to 1 minute.	30 Seconds
<b>Fried</b>	10ml (2tsp) oil 1 egg (medium)	HIGH 100P	1 Place the oil in a 17.8cm (7") shallow dish and heat on 100P (HIGH) for 50 seconds to 1 minute. 2 Break the egg into the oil. Pierce the yolk and white in 3-4 places. Cook on 100P (HIGH) for 1-1 1/2 minutes.	30 Seconds

\* Cooking Time: Cooking time is constant for any quantity of rice or pasta, quantity of boiling water has to be adjusted according to quantity of rice or pasta, see Method.

● Standing Time: After standing, rinse pasta and rice in boiling water prior to serving.

## REHEATING CHART



FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
Soup, Baked beans, Spaghetti, Potatoes, Vegetables (canned)	6-7 Minutes/ 425g (15oz) can	MEDIUM HIGH 70P	Remove from can. Place in a dish and cover. Stir halfway through cooking.	2 Minutes
Bread rolls (med.) Croissants	40-50 Seconds/ 2 croissants/2 rolls	MEDIUM HIGH 70P	Place on kitchen roll.	Nil
Christmas pudding	40 Seconds/125g (5oz) slice 1 Minute/175g (6oz) pudding	MEDIUM HIGH 70P	Place in a flan dish. Do not exceed cooking time advised by food manufacturer.	30 Seconds
Sausage rolls (cooked, chilled approx. 50g (2oz) each)	50 Seconds/2 sausage rolls 1 Minute/4 sausage rolls 2 Minutes/6 sausage rolls	MEDIUM HIGH 70P	Place in a flan dish. Do not exceed cooking time advised by food manufacturer.	30 Seconds
Quiche, (cooked, chilled)	5-6 Minutes/small quiche 7-8 Minutes/large quiche	MEDIUM HIGH 70P	Place directly on the turntable or in a flan dish.	1-2 Minutes 2-3 Minutes
Meat pie (cooked, chilled)	5-6 Minutes/small pie 9-10 Minutes/large pie	MEDIUM HIGH 70P	Remove from foil container and place in flan dish or on plate.	2-3 Minutes 3-4 Minutes
Fruit pie (cooked, chilled)	5 Minutes/small pie 7-8 minutes/large pie	MEDIUM 50P	Remove from foil container and place in flan dish or on plate.	1-2 Minutes 2-3 Minutes

## GRILLING CHART



FOOD	COOKING TIME	METHOD	COOKING MODE
<b>Bacon</b>	14 Minutes/ 1-6 rashers	Place in a flan dish on the high rack. Turn over halfway through cooking. No standing time required.	GRILL
<b>Beef/Gammon Steak</b>	16-18 minutes /1-2 steaks	Place on the high rack. Turn over halfway through cooking. Stand for 3 minutes after cooking.	GRILL
<b>Fish fingers (frozen)</b>	16 minutes/ 1-12 fingers	Place on the high rack. Turn over halfway through cooking. Stand for 2 minutes after cooking.	GRILL
<b>Toast</b>	10 minutes/ 1-4 slices	Place on the high rack. Turn over after 5 minutes. No standing time required.	GRILL
<b>Cheese on toast</b>	14 minutes/ 2 slices	Place bread on the high rack. Grill one side for 4 minutes, turn over and cover with 50 g grated cheese. Grill for remaining time. No standing time required.	GRILL
<b>Tea cakes and muffins</b>	12 minutes/ 1-4 halves	Slice in half. Place on the high rack. Turn over halfway through cooking. No standing time required.	GRILL
<b>Crumpets</b>	14 minutes/ 1-4 crumpets	Place on the high rack. Turn over halfway through cooking. No standing time required.	GRILL
<b>Pitta Bread</b>	7 minutes/ 1-2 pittas	Place on the high rack. Turn over halfway through cooking. No standing time required.	GRILL
<b>Croissants</b>	7 minutes/ 1-4 croissants	Place on the high rack. Turn over halfway through cooking. No standing time required.	GRILL



## DUAL GRILL CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
<b>Beef rare</b>	12-13 Minutes per 450g (1lb)	Place fat side down in a flan dish on the turntable. Calculate the cooking time. Use sequence programming: <b>Stage 1:</b> Cook on 70P (MEDIUM HIGH) for first half of cooking time. Turn over, remove juices. <b>Stage 2:</b> Cook on 50P (MEDIUM) for second half of cooking time. <b>Stage 3:</b> Cook on DUAL GRILL, 50P (MEDIUM) for the final 6-8 minutes of cooking time. Stand for 6-8 minutes after cooking	<b>Stage 1:</b> <b>MEDIUM HIGH.</b> <b>Stage 2:</b> <b>MEDIUM.</b> <b>Stage 3:</b> <b>DUAL GRILL MEDIUM.</b>
<b>Beef/Lamb medium</b>	14-15 Minutes per 450g (1lb)	As above	<b>As above</b>
<b>Beef/Lamb (Well done)</b>	18-19 Minutes per 450g (1lb)	As above	<b>As above</b>
<b>Pork</b>	21-22 Minutes per 450g (1lb)	Place fat side down in a flan dish on the turntable. Calculate the cooking time. <b>Stage 1:</b> Cook on 70P (MEDIUM HIGH) throughout, apart from the last 10 minutes. Turn over, remove juices halfway through Stage 1. <b>Stage 2:</b> Cook on DUAL GRILL, 70P (MEDIUM) for the final 6-8 minutes of cooking time. Stand for 10 minutes after cooking.	<b>Stage 1:</b> <b>MEDIUM HIGH.</b> <b>Stage 2:</b> <b>DUAL GRILL MEDIUM HIGH.</b>
<b>Poultry (Max. 1.8kg 4lb)</b>	11-12 Minutes per 450g (1lb)	Place breast side down in a flan dish on the turntable. Calculate the cooking time. Use sequence programming. <b>Stage 1:</b> Cook on 100P (HIGH) throughout, apart from the last 6-8 minutes. Turn over, remove juices halfway through Stage 1. <b>Stage 2:</b> Cook on DUAL GRILL, 100P (HIGH) for the final 6-8 minutes of cooking time. Stand for 10 minutes after cooking.	<b>Stage 1:</b> <b>HIGH.</b> <b>Stage 2:</b> <b>DUAL GRILL HIGH.</b>
<b>Chicken Portions</b>	11-12 Minutes per 450g (1lb)	Place best side down in a flan dish on the rack. Calculate the cooking time. Use Multiple Sequence cooking. (Page 16). <b>Stage 1:</b> Cook on 100P (HIGH) throughout cooking time, apart from the last 6-8 minutes. Turn over, remove juices halfway through Stage 1. <b>Stage 2:</b> Cook on DUAL GRILL, 100P (HIGH) for the final 6-8 minutes of cooking time. Stand for 5 minutes after cooking.	<b>Stage 1:</b> <b>HIGH.</b> <b>Stage 2:</b> <b>DUAL GRILL HIGH.</b>
<b>Pork chops (with bone)</b>	15-16 Minutes per 450g (1lb) chops	Place in a flan dish on the highrack. Turn over halfway through cooking. Stand for 3-4 minutes after cooking.	<b>DUAL GRILL MEDIUM.</b>
<b>Lamb chops &amp; Boneless Pork Chops</b>	15 Minutes per 450g (1lb) chops	As above.	<b>DUAL GRILL MEDIUM.</b>
<b>Sausage (thick)</b>	12 Minutes per 450g (1lb) sausages	Place in a flan dish on the highrack. Turn over after halfway through cooking. Stand for 2-3 minutes after cooking	<b>DUAL GRILL MEDIUM.</b>
<b>Beefburgers (frozen)</b>	9-10 Minutes per 450g (1lb) beefburgers	As above	<b>DUAL GRILL MEDIUM LOW.</b>



# DUAL GRILL CHART



FOOD	COOKING TIME	METHOD	COOKING MODE
<b>Crispy crumb foods (chilled)</b>	9-10 Minutes for 100g (4oz)	Place in a flan dish on the rack. Use Multiple Sequence cooking. (Page 15). <b>Stage 1:</b> Cook on DUAL GRILL, 30P (MEDIUM LOW) for the first half of cooking time. Turn over. <b>Stage 2:</b> GRILL for second half of cooking time. Stand for 2-3 minutes after cooking.	<b>Stage 1:</b> <b>DUAL GRILL MEDIUM LOW</b> <b>Stage 2:</b> <b>GRILL.</b>
	11-12 Minutes for 200g (7oz)	As above.	<b>Stage 1:</b> <b>DUAL GRILL MEDIUM LOW.</b> <b>Stage 2:</b> <b>GRILL.</b>
	12-13 Minutes for 400g (14oz)	As above.	<b>Stage 1:</b> <b>DUAL GRILL MEDIUM. LOW</b> <b>Stage 2:</b> <b>GRILL.</b>
<b>Crispy crumb foods (frozen)</b>	10 Minutes for 100g (4oz)	Place in a flan dish on the rack. Turn over halfway through cooking. Stand for 2-3 minutes after cooking.	<b>DUAL GRILL MEDIUM.</b>
	11-12 Minutes for 200g (7oz)	As above.	<b>DUAL GRILL MEDIUM.</b>
	12-13 Minutes for 400g (14oz)	As above.	<b>DUAL GRILL MEDIUM.</b>
<b>Oven ready Pizza (chilled)</b>	5 Minutes for 200g (7oz)	Place in a flan dish on the turntable rack. Stand for 2-3 minutes after cooking.	<b>DUAL GRILL MEDIUM.</b>
	7 Minutes for 350g (12oz)	As above.	<b>DUAL GRILL MEDIUM.</b>
	8 Minutes for 450g (1lb)	As above.	<b>DUAL GRILL MEDIUM.</b>
<b>Oven chips (frozen)</b>	11 Minutes for 225g (8oz)	Place in a flan dish on the rack. Turn over halfway through cooking. No standing time is required.	<b>DUAL GRILL MEDIUM LOW.</b>
	12-13 Minutes for 450g (1lb)	As above.	<b>DUAL GRILL MEDIUM LOW.</b>
<b>Baked potatoes</b>	16-17 Minutes for 2 Potatoes (250g each)	Pierce each potato in several places. Place in a flan dish on the turntable. Turn over after 8 minutes of the cooking time. No standing time is required.	<b>DUAL GRILL MEDIUM HIGH.</b>
<b>Garlic Bread</b>	6 Minutes for 1 baguette	Remove any packaging. Place in a flan dish on the turntable. No standing time is required.	<b>DUAL GRILL LOW.</b>
<b>Toasted Sandwich</b>	6 Minutes for 1 sandwich	Prepare sandwich: Place two slices of ham and 50g (2oz) grated cheese between 2 slices of bread and butter. Place sandwich in a flan dish on the rack. Turn over after 3 minutes of the cooking time. No standing time is required.	<b>DUAL GRILL LOW.</b>

## BAKED AVOCADOS WITH HAM

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**SERVES 2 OR 4**

**50g (2oz) butter**  
**50g (2oz) fresh brown breadcrumbs**  
**100g (4oz) cooked ham, finely chopped**  
**90ml (6tbsp) double cream**  
**salt and pepper to taste**  
**5ml (1tsp) fresh parsley, chopped**  
**2 large ripe avocados (see Tip, page 46)**  
**15ml (1tbsp) lemon juice**  
**50g (2oz) cheese, grated**

*Garnish with fresh sprigs of parsley to serve*

- 1 Place the butter in a bowl and heat on 100P (HIGH) for 1 minute. Stir in the breadcrumbs and ham, add enough cream to bind the mixture. Season with salt and pepper to taste and stir in the parsley, cook on 100P (HIGH) for 2-3 minutes.
- 2 Cut the avocados in half, remove the stone and brush the flesh with lemon juice. Fill each avocado half with the breadcrumb mixture.
- 3 Place the avocados in a large flan dish and sprinkle with the grated cheese.
- 4 Place the dish on the high rack, use sequence programming to cook on 100P (HIGH) for 1 minute, then on GRILL for 5-6 minutes until brown and crispy.

## MUSHROOM SOUP

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**SERVES 4**

**1 medium onion, chopped**  
**175g (6oz) mushrooms, sliced**  
**25g (1oz) butter**  
**25g (1oz) plain flour**  
**300ml (1/2 pint) hot vegetable stock**  
**2.5ml (1/2 tsp) dried marjoram (see Tip, page 38)**  
**salt and pepper to taste**  
**300ml (1/2 pint) milk**

- 1 Cook the onion, mushrooms and butter together in a bowl on 100P (HIGH) for 3 minutes.
- 2 Stir in the flour to form a paste, gradually add the stock.
- 3 Stir in the marjoram, salt and pepper to taste. Cook on 100P (HIGH) for 8-9 minutes, stir after 4 minutes.
- 4 Blend and add the milk, cook on 100P (HIGH) for 6 minutes.

## BROCCOLI & BLUE CHEESE SOUP

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**SERVES 4**

**15ml (1tbsp) sunflower oil**  
**1 large onion, finely chopped**  
**400g (14oz) broccoli, broken into small florets**  
**1 litre (1 3/4 pints) hot vegetable stock**  
**900ml (1 1/2 pint) low fat natural yoghurt**  
**100g (4oz) Blue Stilton/Danish Blue, crumbled**  
**salt and pepper to taste**

- 1 Place oil, onion and broccoli in a large bowl, mix well. Cover and cook on 100P (HIGH) for 4-5 minutes.
- 2 Add the stock, mix well. Cover and cook on 100P (HIGH) for 8-10 minutes.
- 3 Blend in a food processor. Return to bowl, stir in yoghurt and cheese. Season. Heat on 70P (MEDIUM HIGH) for 6-7 minutes, stir every 2 minutes.

## CRISPY STUFFED MUSHROOMS

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**SERVES 4**

**12 medium open cap mushrooms**  
**75g (3oz) butter**  
**2 cloves garlic, crushed (See Tip, page 42)**  
**75g (3oz) fresh breadcrumbs**  
**50g (2oz) cheese, grated**

**Variation:**

**Stilton Stuffed Mushrooms:** Omit garlic and grated cheese. Add 100g (4oz) Stilton, crumbled at Stage 2.

- 1 Remove and chop mushroom stalks. Place mushroom caps in a large flan dish open side up.
- 2 Heat butter with garlic on 100P (HIGH) for 1 minute, stir in chopped mushroom stalks and breadcrumbs. Fill mushrooms with mixture, sprinkle with cheese.
- 3 Place dish on the high rack and cook on DUAL GRILL, 50P (MEDIUM) for 6 minutes.

## STARTERS

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### SALAD PROVENCALE

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SERVES 2 - 4

**225g (8oz) courgettes, sliced**  
**1/2 red pepper, seeded and sliced**  
**1/2 green pepper, seeded and sliced**  
**1 small aubergine, sliced**  
**60ml (4tbsp) olive oil**  
**8 cherry tomatoes**  
**2 cloves garlic, crushed (see Tip, page 42)**  
**30ml (2tbsp) fresh parsley, chopped**  
**50g (2oz) whole black olives**  
**15ml (1tbsp) lemon juice**  
**salt and pepper to taste**

- 1 Place the courgettes, red and green pepper, aubergine and olive oil in a large bowl, cook on 70P (MEDIUM HIGH) for 6-7 minutes or until the vegetables have softened. Stir after half the cooking time.
- 2 Stir in the remaining ingredients and cook on 70P (MEDIUM HIGH) for a further 4-5 minutes. Toss gently and transfer to a serving dish, chill before serving.

## FISH

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### CHEESY GOUJONS

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SERVES 4

**450g (1lb) white fish fillets**  
**100g (4oz) fresh white breadcrumbs**  
**50g (2oz) Parmesan cheese**  
**salt and pepper to taste**  
**1 egg (size 3), beaten**  
**olive oil**

- 1 Cut fish into thin strips approx. 6.4cm (2.5") long.
- 2 Combine breadcrumbs and cheese. Season.
- 3 Dip fish strips first into egg, then into breadcrumb mixture, coat evenly.
- 4 Brush a large flan dish with olive oil and spread half the coated fish in a single layer over the base.
- 5 Place on high rack. Use sequence programming to cook on DUAL GRILL, 10P (LOW) for 11-12 minutes, then on GRILL for 9 minutes, turn over after 6 minutes. Repeat for the remaining fish.

### FISH KEBABS

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SERVES 4

**4 wooden skewers**  
**2 courgettes, cut into 8 chunks**  
**4 medium mushrooms, stalks removed**  
**450g (1lb) firm fleshed fish skinned and cut into 8 cubes**  
**4 slices of orange**  
**2 firm medium tomatoes, halved**  
**5ml (1tsp) fresh dill, chopped**  
**50g (2oz) butter**

- 1 Thread pieces of courgette, mushroom, fish, orange and tomato onto each skewer in a regular sequence. Leave no wood exposed.
- 2 Heat the dill and butter in a small bowl on 100P (HIGH) for 1 minute. Brush kebabs with the dill butter, place in a flan dish on the high rack.
- 3 Cook on DUAL GRILL, 50P (MEDIUM) for 12-13 minutes. Turn over and rearrange the kebabs every 3-4 minutes.

## TUNA GRATIN

SERVES 4

100g (4oz) butter  
 1 large onion, finely chopped  
 225g (8oz) pasta  
 600ml (1 pint) boiling water  
 350g (12oz) Tuna  
 300ml (½ pint) white sauce  
 225g (8oz) cooked broccoli  
 225g (8oz) grated cheddar cheese

- 1 Place butter in a large bowl, heat on 100P (HIGH) for 1 minute until melted. Stir in onion, cook on 100P (HIGH) for a further minute. Stir in pasta and boiling water, cook on 70P (MEDIUM HIGH) for 11-12 minutes until pasta is tender. Stir 2-3 times during cooking. Drain if necessary.
- 2 Mix the Tuna, sauce and broccoli with the seasoning. Cook on 100P (HIGH) for 4-5 minutes, stir after 2 minutes.
3. Add grated cheese and grill for 4-6 minutes until golden.

## TROUT WITH ORANGE &amp; ALMONDS

SERVES 2

2 medium trout (approx. 225g (8oz) each)  
 salt and pepper to taste  
 juice and rind of 1 orange  
 50g (2oz) flaked almonds

- 1 Wash the trout. Discard heads and tails and pat dry. Place in a large flan dish, pierce in several places. Season. Pour over the orange juice and sprinkle with the rind and flaked almonds.
- 2 Place on low rack, cook on DUAL GRILL, 50P (MEDIUM) for 8-9 minutes.

*Garnish with slices of orange to serve.*

## MEAT

## PICNIC PASTIES

SERVES 4



200g (7oz) cooked ham, roughly chopped  
 25g (1oz) margarine  
 100g (4oz) button mushrooms, finely sliced  
 4-6 spring onions, finely sliced  
 5ml (1tsp) dried mixed herbs  
 salt and pepper to taste  
 100g (4oz) cheese, grated  
 pastry:  
 100g (4oz) plain flour  
 100g (4oz) plain wholemeal flour  
 5ml (1tsp) dried mixed herbs  
 salt and pepper to taste  
 100g (4oz) margarine  
 cold water to mix  
 1 egg (size 3), beaten to glaze

- 1 Combine ham, margarine, mushrooms, onion, herbs and seasoning. Cook on 100P (HIGH) for 2-3 minutes. Stir in cheese, allow to cool.
- 2 To make pastry mix flour, herbs and seasoning. Rub in margarine until mixture resembles breadcrumbs. Add enough water to form a soft dough. Roll out pastry, cut out four 20.4cm (8") circles of pastry and dampen edge with water.
- 3 Spoon ham mixture into the centre of each pastry circle. Fold pastry over to form a semi-circle pasty. Pinch edges together and brush surface with egg. Place two pasties in a greased flan dish.
- 4 Place on low rack and cook on DUAL GRILL, 70P (MEDIUM HIGH) for 10 minutes until brown and crispy. Repeat for the remaining two pasties.

**Microwave Tip: Drying herbs**

Place a handful of fresh herbs between two sheets of kitchen paper on the turntable. Heat on MEDIUM HIGH for 2 minutes until dry. Ensure the herbs do not become too dry. Woody herbs take a little longer to dry than leafy herbs.

## MEXICAN TACOS

SERVES 4

**225g (8oz) lean minced beef, pork or lamb**  
**2 cloves garlic, crushed (see Tip, page 42)**  
**1 small onion, chopped**  
**2 fresh, green chillis, chopped**  
**225g (8oz) canned, chopped tomatoes**  
**100g (4oz) canned, red kidney beans**  
**8 taco shells, pre-cooked**  
**175g (6oz) Cheddar cheese, grated**

*Mexican dish of spicy filled corn tortillas. Serve with Guacamole, soured cream and crisp salad.*

- 1 Place the mince, garlic and onion in a bowl, mix well. Cook on 100P (HIGH) for 7 minutes, stir twice.
- 2 Stir in chillis, tomatoes and beans. Cook on 100P (HIGH) for 18 minutes. Place taco shells on kitchen paper on turntable. Heat on 100P (HIGH) for 2 minutes. Fill with chilli bean mixture, sprinkle with cheese.
- 3 Pack tacos together, open end up in a large casserole or flan dish. Place on turntable, cook on DUAL GRILL, 30P (MEDIUM LOW) for 7 minutes.

## BEEF STROGANOFF

SERVES 4

**1kg (2lb) rump steak, cut into strips**  
**50g (2oz) plain flour**  
**salt and pepper to taste**  
**1 large onion, finely chopped**  
**30ml (2tbsp) tomato purée**  
**450ml (¾ pint) hot beef stock**  
**150ml (¼ pint) red wine**  
**100g (4oz) mushrooms, thinly sliced**  
**150ml (¼ pint) soured cream**

- 1 Place the steak, flour, salt and pepper in a 2.5 litre (approx. 4 pint) casserole dish, mix well.
  - 2 Stir in the onion, purée, stock and wine. Cover and cook on 50P (MEDIUM) for 40 minutes, stir 2-3 times during cooking.
  - 3 Stir in mushrooms, cook on 50p (MEDIUM) for 6 minutes.
  - 4 Stir in the cream before serving.
- Serve on a bed of tagliatelle or rice.*

## BOLOGNESE SAUCE

SERVES 4

**50g (2oz) butter**  
**45ml (3tbsp) vegetable oil**  
**2 small onions, finely chopped**  
**2 sticks of celery, finely chopped**  
**2 cloves garlic, crushed (see Tip, page 42)**  
**3 rashers of bacon, finely chopped**  
**1 bay leaf**  
**400g (14oz) canned, chopped tomatoes**  
**30ml (2tbsp) tomato purée**  
**450g (1lb) lean minced beef**  
**30ml (2tbsp) dried mixed herbs (see Tip, page 38)**  
**300ml (½ pint) dry red wine**  
**300ml (½ pint) hot beef stock**  
**salt and pepper to taste**

- 1 Melt the butter and oil in a large bowl on 100P (HIGH) for 1 minute. Stir in the onion, celery, garlic and bacon. Cover and cook on 100P (HIGH) for 7 minutes.
- 2 Add the bay leaf, tomatoes, purée and minced beef to the vegetable mixture. Cook on 100P (HIGH) for 8 minutes, stir 2-3 times during cooking.
- 3 Add herbs, wine, stock. Season, mix well. Cover and cook on 100P (HIGH) for 5 minutes, then for 20 minutes on 50P (MEDIUM) until sauce is thick. Stir 2-3 times during cooking. Serve hot with spaghetti.

**Shepherd's Pie:** Make as above, omit wine. Place in a dish and top with 700g (1½lb) mashed potato. Place on turntable and cook on DUAL GRILL, 50P (MEDIUM HIGH) for 10 minutes until evenly brown.

**Chilli con carne:** Make as above. At Stage 3 add 450g (1lb) canned red kidney beans and 5-15ml (1-3tsp) chilli powder, to taste.

## STEAK AND KIDNEY PUDDING

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**SERVES 4**

**450g (1lb) stewing steak, chopped**  
**100g (4oz) kidney, chopped**  
**1 medium onion, chopped**  
**2.5ml (½tsp) dried mixed herbs (see Tip, page 38)**  
**450ml (¾ pint) beef stock**  
**15ml (1tbsp) cornflour mixed with a little water**  
**pastry:**  
**225g (8oz) self-raising flour**  
**2.5ml (½tsp) salt**  
**5ml (1tsp) baking powder**  
**100g (4oz) suet**  
**150ml (¼ pint) cold water**  
**15ml (1tbsp) milk**

- 1 Place steak, kidney, onion, mixed herbs and stock in a casserole dish. Cover and cook on 50P (MEDIUM) for 40 minutes. Stir after half the cooking time and add the cornflour to thicken.
- 2 To make the pastry, place the flour, salt, baking powder and suet in a bowl, mix well.
- 3 Add enough cold water to form a soft dough. Roll out  $\frac{2}{3}$  of the pastry and use it to line the base and sides of a greased 1.2 litre (2 pint) pudding basin.
- 4 Fill pastry lined basin with meat. Roll out remaining pastry, cut out a circle to cover pudding. Brush with milk. Make a slit in the centre. Cover with cling film, cook on 100P (HIGH) for 12 minutes.

## POULTRY

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### CHICKEN & CAMEMBERT PARCELS

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**SERVES 4**

**4 large chicken breast fillets, skinned**  
**100g (4oz) Camembert, finely chopped**  
**3 spring onions, finely chopped**  
**2.5ml (½tsp) dried parsley**  
**salt and pepper to taste**  
**cocktail sticks to secure**  
**75 g (3oz) cheddar cheese, grated**

*Sprinkle with toasted almonds to serve.*

- 1 Open out chicken breasts, flatten with a rolling pin.
- 2 Place Camembert, onions, parsley and seasoning in a bowl, mix well. Place a quarter of the mixture in the centre of each breast. Fold up into a tight parcel. Secure with cocktail sticks. Ensure no filling is visible.
- 3 Place the breasts seam side upwards in a flan dish.
- 4 Place on the low rack and cook on 70P (MEDIUM HIGH), DUAL GRILL for 14 minutes, turn over and add cheese after 8 minutes.

### CHICKEN SATAY

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**SERVES 4**

**450g (1lb) chicken fillets, cubed**  
**Marinade:**  
**15ml (1tbsp) groundnut oil**  
**15 ml (1tbsp) lemon juice**  
**30ml (2tbsp) satay sauce**  
**1 clove crushed garlic**  
**Tobasco sauce to taste**

- 1 Place all the marinade ingredients in a large bowl, mix well. Stir in the chicken, refrigerate for 2 hours to marinate.
- 2 Thread the chicken onto skewers leaving no wood exposed. Place in a large flan dish on the high rack.
- 3 Cook on 70P (MEDIUM HIGH), DUAL GRILL for 10-11 minutes. Turn over and rearrange the skewers every 3 minutes.



## CHICKEN & CASHEW NUT STIR FRY

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**SERVES 4**

**sauce:**

**15ml (1tbsp) dry sherry**

**15ml (1tbsp) demerara sugar**

**30ml (2tbsp) soy sauce**

**30ml (2tbsp) chilli sauce**

**150ml (1/4 pint) hot vegetable stock**

**15ml (1tbsp) cornflour mixed with a little water**

**stir fry:**

**30ml (2tbsp) groundnut oil**

**2 cloves garlic, crushed (see Tip, page 42)**

**2.5cm (1") piece of root ginger, peeled & grated**

**225g (8oz) chicken fillet, cut into strips**

**175g (6oz) broccoli, broken into small florets**

**125g (5oz) can of water chestnuts, drain & slice**

**125g (5oz) bean sprouts**

**125g (5oz) bamboo shoots**

**1/2 red pepper, sliced**

**1/2 yellow pepper, sliced**

**100g (4oz) cashew nuts, unsalted**

- 1 To prepare the sauce, place sherry, sugar, soy sauce, chilli sauce and stock in a bowl. Mix well, stir in the cornflour.
- 2 Heat on 100P (HIGH) for 5 minutes, stir every minute until thickened. Allow to cool whilst preparing the rest of the dish.
- 3 Prepare the stir fry, place the oil, garlic and ginger in a large bowl, heat on 100P (HIGH) for 1 minute. Mix in the chicken and cook on 70P (MEDIUM HIGH) for 5 minutes. Stir once.
- 4 Add the broccoli, chestnuts, beansprouts, bamboo shoots, red and yellow pepper and the sauce. Mix well and cook on 70P (MEDIUM HIGH) for 10 minutes, stir twice during cooking.
- 5 Stir in the cashew nuts, cook on 100P (HIGH) for 2 minutes. Serve immediately.

## CHICKEN KORMA

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**SERVES 6**

A MILD FLAVOURED, CREAMY INDIAN DISH. SERVE WITH RICE AND POPPADUMS.

**900g (2lb) chicken, cut into large pieces**

**175g (6oz) natural yoghurt**

**2 cloves garlic, crushed (see Tip, page 42)**

**25g (1oz) creamed coconut**

**10ml (2tsp) turmeric**

**25g (1oz) butter**

**1 large onion, sliced**

**5cm (2") piece fresh ginger, grated**

**2.5ml (1/2tsp) chilli powder**

**5ml (1tsp) coriander seeds**

**5 whole cloves**

**5ml (1tsp) cinnamon**

**10ml (2tsp) cornflour**

**100g (4oz) single cream**

**25g (1oz) roasted cashew nuts**

- 1 Place chicken in a bowl, stir in yoghurt, garlic, creamed coconut and turmeric. Cover and marinate for at least 1 hour in the refrigerator.
- 2 Place butter in a large bowl, heat on 100P (HIGH) for 1 minute, until melted. Add the onion and cook on 100P (HIGH) for 2 minutes. Stir in the ginger, chilli powder and coriander, cook on 100P (HIGH) for 1 minute.
- 3 Add the chicken and marinade, mix well. Stir in the cloves and cinnamon. Cover and cook on 100P (HIGH) for 8 minutes, stirring after 3 minutes.
- 4 Rearrange the chicken pieces and cook on 50P (MEDIUM) for 6 minutes.
- 5 Combine the cornflour with the cream and stir into the chicken. Cook on 100P (HIGH) for 6 minutes, stir after 3 minutes. Sprinkle with cashew nuts.

## POULTRY

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### CHICKEN BREASTS PARMESAN

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**SERVES 6**

IDEALLY SERVED WITH NEW POTATOES, CRISP VEGETABLES AND A GLASS OF RED WINE.

**50g (2oz) fresh breadcrumbs**  
**50g (2oz) Parmesan cheese, freshly grated**  
**1 egg (size 3), beaten**  
**675g (1½lb) boneless chicken breasts**  
**25g (1oz) plain flour**  
**400g (14oz) canned chopped tomatoes**  
**1 clove garlic, crushed (see Tip, below)**  
**10ml (2tsp) fresh oregano, chopped**  
**300ml (½ pint) chicken stock**  
**salt and pepper to taste**  
**50g (2oz) Cheddar or Parmesan cheese, grated**

**Microwave Tip: Peeling garlic easily**

Place 3-4 cloves of garlic on the turntable. Heat on HIGH for 30 seconds, squeeze at one end until clove pops out.

- 1 Combine breadcrumbs and cheese.
- 2 Beat the egg on a plate. Dip each breast first into the egg and then into the breadcrumb mixture until thoroughly coated, place in a 2.5 litre (approx. 4 pint) casserole dish and put to one side.
- 3 Place flour in a bowl, mix to a paste with a little of the tomato juice. Stir in the rest of the tomatoes, garlic, oregano and chicken stock, salt and pepper, mix well. Heat on 100P (HIGH) for 3-4 minutes, stirring every minute until thickened.
- 4 Spoon tomato mixture over the chicken breasts and sprinkle generously with grated cheese.
- 5 Place on turntable, use sequence programming to cook on 70P (MEDIUM HIGH) for 24 minutes then on DUAL GRILL, (MEDIUM HIGH) for 6 mins.

### HONEYED CHICKEN

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**SERVES 4**

**4 chicken breasts (boneless)**  
**30ml (2tbsp) clear honey**  
**5ml (1tsp) whole grain mustard**  
**2.5ml (½tsp) dried tarragon**  
**15ml (1tbsp) tomato purée**  
**150ml (¼ pint) chicken stock**  
**salt and pepper**

- 1 Place the chicken breasts in a casserole dish.
- 2 Mix all remaining ingredients together and pour over the chicken.
- 3 Cook on 70P (MEDIUM HIGH) for 10-11 minutes. Coat the chicken with the sauce several times during cooking.

### CHICKEN CACCIATORE

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**SERVES 4**

**225g (8oz) mushrooms, sliced**  
**1 medium onion, chopped**  
**1 clove garlic, crushed (see Tip, page 42)**  
**60ml (4tbsp) tomato purée**  
**300ml (½ pint) red wine**  
**5ml (1tsp) dried oregano (see Tip, page 38)**  
**5ml (1tsp) dried parsley (see Tip, page 38)**  
**salt and pepper to taste**  
**4 chicken portions**

- 1 Place the mushrooms, onion and garlic in a 2.5 litre (approx. 4 pint) casserole dish. Cook on 100P (HIGH) for 3 minutes.
- 2 Stir in remaining ingredients except the chicken, mix well.
- 3 Add chicken portions and coat with the sauce.
- 4 Cook on 70P (MEDIUM HIGH) for 30-33 minutes, stir and coat the chicken twice during cooking.

*Serve with rice or jacket potatoes.*



## CAULIFLOWER BIRYANI WITH QUORN

SERVES 4-6

15ml (1tbsp) vegetable oil
10ml (2tsp) mustard seeds
10ml (2tsp) sesame seeds
225g (8oz) brown Basmati rice
5ml (1tsp) chilli powder
5ml (1tsp) turmeric
5ml (1tsp) ground coriander
5ml (1tsp) garam masala
15ml (1tbsp) water
1 medium cauliflower, cut into small florets
175g (6oz) quorn, cut into 2cm (¾") cubes
½ a red pepper, seeded and cut into strips
½ a green pepper, seeded and cut into strips
400g (14oz) canned chopped tomatoes
60ml (4tbsp) natural yoghurt

- 1 Place oil, mustard and sesame seeds in a large bowl, heat on 100P (HIGH) for 1 minute. Add rice, mix well. Cook on 100P (HIGH) for 2 minute.
- 2 In a separate bowl mix the chilli powder, turmeric, coriander and garam masala. Add water and mix to a paste. Stir the paste into the rice, add the cauliflower, quorn, red and green pepper, mix well. Cook on 100P (HIGH) for 2 minutes.
- 3 Drain the tomatoes and reserve the juice. Add the tomatoes to the rice mixture, mix well.
- 4 Add enough boiling water to the tomato juice to make 600ml (1 pint) of liquid, pour into the rice mixture, mix well. Cook on 70P (MEDIUM HIGH) for 24 minutes, stir every 5 minutes.
- 5 Stir in yoghurt and serve with poppadums.

## VEGETABLE CHILLI

SERVES 4-6

30ml (2tbsp) olive oil
2 medium onions, chopped
2 cloves garlic, crushed (see Tip, page 42)
225g (8oz) small carrots, chopped
1 large red pepper, seeded and sliced
100g (4oz) mushrooms, cut into quarters
5ml (1tsp) ground cumin
5ml (1tsp) dried oregano
10ml (2tsp) mild chilli powder
2.5ml (½tsp) cayenne pepper
225g (8oz) canned tomatoes
75g (3oz) tomato purée
225g (8oz) canned haricot beans
225g (8oz) canned red kidney beans
1 bay leaf
300ml (½ pint) hot vegetable stock
salt and pepper to taste

- 1 Place the oil, onion and garlic in a large bowl, heat on 100P (HIGH) for 2 minutes.
- 2 Add the carrots, red pepper and mushrooms, mix well. Cook on 100P (HIGH) for 2 minutes.
- 3 Stir in the remaining ingredients, mix well. Cook on 70P (MEDIUM HIGH) for 24 minutes, stir 3-4 times during cooking.
- 4 Remove the bay leaf before serving.

*Serve hot with rice or as a filling for tacos.*

### Microwave Tip: Heating taco shells

Place 8-10 pre-cooked crisp taco shells on kitchen paper on the turntable. Heat on 100P: (HIGH) for 1½-2 minutes until warm. Spoon in filling as preferred.

## SPINACH & MUSHROOM LASAGNE

SERVES 4-6

**75g (3oz) butter**  
**225g (8oz) mushrooms, thickly sliced**  
**1 vegetable stock cube, crumbled**  
**900g (2lb) frozen spinach**  
**2.5ml (1/2tsp) nutmeg**  
**325g (12oz) cottage cheese**  
**salt and pepper to taste**  
**12 pieces of lasagne**  
**300ml (1/2 pint) cheese sauce (see page52)**  
**100g (4oz) Cheddar or Parmesan cheese, grated**

### Microwave Tip: Garlic bread

75g (3oz) butter, 2 cloves garlic, crushed, one small French stick, sliced. Mix butter and garlic together and spread onto the sliced bread. Wrap the stick in kitchen paper and heat on MEDIUM for 1-2 minutes until butter has melted.

- 1 Place 50g (2oz) butter in a bowl, heat on 100P (HIGH) for 1 minute. Add mushrooms and stock cube, mix well. Cook on 100P (HIGH) for 2 minutes.
- 2 Heat spinach on 100P (HIGH) for 12 minutes, stir 2-3 times. Drain. Stir in remaining butter, nutmeg, cheese, seasoning and mushroom mixture.
- 3 Line the base of a deep square 20.4cm (8") dish with a layer of lasagne, followed by a layer of spinach mixture, cheese sauce and another layer of lasagne. Layer until all ingredients have been used, ensuring the final layer is lasagne, with enough cheese sauce to cover the surface. Sprinkle generously with grated cheese.
- 4 Place on turntable, cook on 70P (MEDIUM HIGH) for 20 minutes, then on DUAL GRILL, 70P (MEDIUM HIGH) for 8 minutes.

## QUORN KEBABS

SERVES 4

**3 small courgettes, cut into 2.5cm (1") slices**  
**1 red pepper, cut into 3.8cm (2 1/2") pieces**  
**1 yellow pepper, cut into 3.8cm (2 1/2") pieces**  
**2 small aubergines, cut into 2.5cm (1") pieces**  
**8 closed cap mushrooms**  
**175 g (6oz) Quorn, cut into 2.5cm (1") cubes**

### Marinade:

**150ml (1/4 pint) olive oil**  
**3 cloves garlic, crushed**  
**15ml Worcestershire sauce**  
**1.25 ml (1/4 tsp) all spice**

- 1 Place vegetables and quorn in a large bowl. Mix well.
- 2 To prepare the marinade, place all the ingredients in a bowl and mix well.
- 3 Pour the marinade over the vegetables and Quorn, mix well. Leave to marinate for at least an hour, stir occasionally.
- 4 Thread the vegetables and Quorn onto the skewers in a regular pattern. Leave no wood exposed, place in a flan dish.
- 5 Place on low rack, cook on dual grill, 30P (MEDIUM LOW) for 22-24 minutes. Turn over and rearrange the skewers every 5 minutes until the vegetables are tender and evenly brown.

## VEGETABLE CURRY

SERVES 4-6

**1 x 15ml (1tbsp) oil**  
**cauliflower, cut into florets**  
**900g (2lb) Parsnips, carrots cut into sticks, total courgettes, celery, leeks and weight apple sliced**  
**30ml (2tbsp) sultanas**  
**75g (3oz) plain flour**  
**30-45ml (2-3tbsp) curry powder to taste**  
**5ml (1tsp) tumeric, seasoning**  
**600ml (1pt) vegetable or chicken stock**

- 1 Place the cauliflower, carrots, parsnips and oil in a dish. Cook at 100P (HIGH) for 5 minutes. Stir once.
- 2 Stir in the flour, curry powder, tumeric and seasoning.
- 3 Add the remaining ingredients, and stir in the stock.
- 4 Cover and cook for 9 minutes at 100P (HIGH) stirring twice.
- 5 Serve with rice.

## CHEESE & EGGS

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### CHEESE, HAM & POTATO CASSEROLE

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SERVES 4

**450g (1lb) par-boiled potatoes, thinly sliced.**  
**225g (8oz) Cheddar cheese, thinly sliced**  
**2 medium onions, sliced**  
**100g (4oz) cooked ham, chopped**  
**300ml (1/2 pt) white sauce ( see page 52)**  
**25g (1oz) cheese, grated**

*Serve as a snack or light main meal with a crisp salad*

- 1 Place alternate layers of potato, cheese, onion, ham and white sauce in a 2.5 lt (4pt) casserole dish until all ingredients are used. Top with grated cheese.
- 2 Place the casserole dish on low rack, use sequence programming to cook at 70P (MEDIUM HIGH) for 14 minutes then on DUAL GRILL, 70P (MEDIUM HIGH) for 6-8 minutes.

### PIZZA WITH SALAMI & MUSHROOMS

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SERVES 4

**125g (5oz) white self raising flour**  
**125g (5oz) granary flour**  
**2.5ml (1/2tsp) salt**  
**5ml (1tsp) baking powder**  
**45ml (3tbsp) olive oil**  
**150ml (1/4 pint) milk**  
**90ml (6tbsp) tomato relish**  
**5ml (1tsp) Worcestershire sauce**  
**15ml (1tbsp) fresh oregano**  
**2 salami snack sausages, sliced**  
**100g (4oz) mushrooms, sliced**  
**1/2 green pepper, thinly sliced**  
**3 medium tomatoes, sliced**  
**100g (4oz) Mozzarella cheese, grated**  
**salt and pepper to taste**

#### *Variations:*

*Tuna and olive:* Substitute salami with 200g (7oz) canned tuna, chopped and top with 8 whole black olives.

- 1 Place flours, salt and baking powder in a large bowl, mix well. Blend oil and milk together, stir into the flour to make a firm dough.
- 2 Roll out to make a 25.4cm (10") circle. Place in a greased 25.4cm (10") flan dish, cook on 100P (HIGH) for 4 minutes. Carefully turn over, cover with topping.
- 3 To prepare the topping, combine the tomato relish, Worcestershire sauce and 5ml (1tsp) of oregano. Spread evenly over the uncooked side of the pizza base. Arrange the salami, mushrooms, green pepper and tomatoes on top and sprinkle with the Mozzarella and remaining oregano. Season with salt and pepper.
- 4 Place on low rack, cook on DUAL GRILL, 70P (MEDIUM HIGH) for 12 minutes until the vegetables are tender and the cheese is brown and crispy.

*Ham and pineapple:* Substitute salami with 100g (4oz) chopped, cooked ham, add 3 pineapple rings.

### QUICHE LORRAINE

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SERVES 4-6

**275g (10oz) short crust pastry**  
**6 rashers of bacon, chopped**  
**1 large onion, finely chopped**  
**4 eggs (size 3)**  
**300ml (1/2 pint) milk**  
**salt and pepper to taste**  
**5ml (1tsp) dried mixed herbs**  
**100g (4oz) Cheddar cheese, grated**

*Stilton & mushrooms:* Replace bacon with 125g (5oz) sliced mushrooms and Cheddar with Stilton.

- 1 Line a 20.4cm (8") flan dish with pastry.
- 2 Place bacon and onion in a bowl, cook on 100P (HIGH) for 4 minutes.
- 3 Place eggs, milk, seasoning in a bowl, mix well.
- 4 Spread bacon and onion evenly over the pastry. Pour egg mixture over, top with grated cheese.
- 5 Place on low rack, use sequence programme to cook on 30P (MEDIUM LOW) for 30 minutes then on DUAL GRILL, 30P (MEDIUM LOW) for 8 minutes.

### PASTA WITH PINENUTS

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SERVES 4-6

**285g (8oz) pasta, e.g. Farfalle (pasta bows)**  
**600ml (1 pint) boiling water** **50g (2oz) pine nuts**  
**1 quantity of blue cheese sauce (see page 52)**  
**15ml (1tbsp) fresh parsley, chopped to garnish**

- 1 Place pasta in a large bowl add boiling water and cook at 70P (MEDIUM HIGH) for 10 - 11 minutes until tender, drain.
- 2 Add the pinenuts and mix well. Place in a warm serving dish and cover with sauce.  
*Serve hot garnished with parsley.*

### CANNELLONI

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SERVES 4

**1 medium onion, chopped**  
**1 clove garlic, crushed (see Tip, page 42)**  
**25g (1oz) butter**  
**450g (1lb) lean minced beef**  
**100g (4oz) mushrooms, chopped**  
**15ml (1tbsp) tomato purée**  
**400g (14oz) canned chopped tomatoes**  
**150ml (1/4 pint) hot beef stock**  
**salt and pepper to taste**  
**12 pieces of lasagne**  
**300ml (1/2 pint) cheese sauce (see page 52)**  
**extra grated cheese to sprinkle**  
**15ml (1tbsp) fresh oregano, chopped to garnish**

- 1 Place onion, garlic and butter in a bowl, heat on 100P(HIGH) for 3 minutes. Add the mince, cook on 100P (HIGH) for 7 minutes, stir halfway through cooking.
- 2 Add mushrooms, purée, tomatoes, stock and seasoning. Cook on 70P (MEDIUM HIGH) for 20 minutes until thickened, stir every 5-6 minutes.
- 3 Place 3-4 pieces of lasagne in a bowl, cover with boiling water. Cook on 100P (HIGH) for 4 minutes until tender enough to bend. Remove from water, dry on kitchen paper. Repeat for the remaining lasagne.
- 4 Place a large spoonful of meat mixture at one end of a piece of lasagne, roll up and place seam side down in a deep, square 20.4cm (8") dish. Repeat for remaining lasagne. Place any remaining meat around the filled lasagne.
- 5 Pour the cheese sauce on top of the filled lasagne. Sprinkle generously with cheese and parsley.
- 6 Place on turntable, use sequence programming to cook on 70P (MEDIUM HIGH) for 12 minutes, then on DUAL GRILL, 70P (MEDIUM HIGH) for 8 minutes until brown and crispy.

#### Microwave Tip: Improving smells in the oven

Place half a lemon in a bowl, add 300ml (1/2 pint) water and heat on 100P (HIGH) for 10-12 minutes. Wipe the oven using a dry cloth.

### BEEF RISOTTO

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SERVES 4

**30ml (2tbsp) olive oil**  
**1 medium onion, finely chopped**  
**1 stick celery, finely sliced**  
**1 green pepper, seeded and sliced**  
**1 red pepper, seeded and sliced**  
**175g (6oz) beef fillet, thinly sliced into 5cm (2") strips**  
**2.5ml (1/2tsp) cayenne pepper**  
**5ml (1tsp) ground cumin**  
**grated rind of 1 lemon**  
**75g (3oz) peas**  
**225g (8oz) white long grain rice**  
**600ml (1 pint) hot beef stock**  
**salt and pepper to taste**

- 1 Place the oil, onion, celery, red and green pepper in a large bowl, mix well. Heat on 100P (HIGH) for 2 minutes. Stir in the beef and cook on 100P (HIGH) for 5-6 minutes, stir halfway through cooking.
- 2 Stir in the remaining ingredients and cook on 70P (MEDIUM HIGH) for 13-14 minutes until the rice is tender and all the beef stock has been absorbed, stir 2-3 times during cooking.

#### Microwave Tip: Softening avocados

Pierce an unpeeled avocado in several places. Place on the turntable and heat on 100P (HIGH) for 1 minute. Allow to cool before peeling.

### PECAN PIE

---

SERVES 4-6

**pastry:**

**125g (5oz) plain flour**

**100g (4oz) plain wholemeal flour**

**125g (5oz) butter**

**cold water to mix**

**filling:**

**225g (8oz) pecan nuts**

**225g (8oz) brown sugar**

**90ml (6tbsp) golden syrup**

**75g (3oz) butter, melted**

**3 eggs (size 3), beaten**

**5ml (1tsp) vanilla essence**

- 1 To prepare pastry combine the flours and rub in the butter until mixture resembles fine breadcrumbs. Add enough cold water to make a soft but not sticky dough.
- 2 Line a greased 25.4cm (10") flan dish with pastry. Spread pecan nuts evenly over base, prepare filling.
- 3 Beat the sugar, syrup, butter, eggs and vanilla essence together until smooth. Pour over nuts.
- 4 Place on the low rack, use sequence programming to cook on 30P (MEDIUM LOW) for 14 minutes, then on DUAL GRILL, 30P (MEDIUM LOW) for 5-6 minutes until golden brown.

**Variation:**

*Pecan nuts can be substituted with walnuts.*

### RASPBERRY, APPLE & ALMOND CRUMBLE

---

SERVES 4-6

**filling:**

**225g (8oz) raspberries, fresh or frozen**

**2 eating apples, peeled and thinly sliced**

**50g (2oz) brown sugar**

**15ml (1tbsp) Crème de Cassis (optional)**

**crumble:**

**75g (3oz) butter**

**125g (5oz) plain flour**

**50g (2oz) ground almonds**

**75g (3oz) caster sugar**

**50g (2oz) toasted flaked almonds**

- 1 Place raspberries, apples, sugar and crème de cassis in a 1.5 litre (2½ pint) casserole dish, mix well. Heat on 100P (HIGH) for 6 minutes, stir every minute. Put to one side whilst preparing crumble.
- 2 Rub the butter into the flour until mixture resembles fine breadcrumbs, stir in the ground almonds and caster sugar.
- 3 Spoon the crumble evenly on top of the fruit.
- 4 Place on the low rack, cook on DUAL GRILL, 30P (MEDIUM LOW) for 6 minutes.

*Top with toasted flaked almonds to serve.*

### STICKY TOFFEE PUDDING

---

SERVES 4-6

**175g (6oz) stoned dates, chopped**

**200ml (7flop) boiling water**

**3.75ml (¾tsp) bicarbonate of soda**

**2.5ml (½tsp) vanilla essence**

**10ml (2tsp) instant coffee dissolved in a little water**

**75g (3oz) butter**

**125g (5oz) caster sugar**

**2 eggs (size 3), beaten**

**175g (6oz) plain flour**

**1 quantity of Toffee & Walnut sauce.**

**(see page 50)**

- 1 Place the dates in a large bowl, add the boiling water, bicarbonate of soda, vanilla essence and dissolved coffee, mix well.
- 2 Cream butter and sugar together in a separate bowl until light and fluffy, beat in the eggs. Fold in the flour and dates, mix well. The resulting mixture will be sloppy. Grease and line the base of a 1.2 litre (2 pint) pudding basin with kitchen paper, pour in the pudding mixture.
- 3 Place on turntable, cook on 50P (MEDIUM) for 12-13 minutes until a skewer comes out clean.
- 4 Pour the sauce over the pudding. Serve hot.

### APPLE PIE

---

**SERVES 6**

**100g (4oz) butter**

**225g (8oz) flour**

**25g (1oz) water**

**1 egg yolk (size 3)**

**cold water to mix**

**Filling:**

**1kg (2lb) cooking apples, peeled & sliced**

**100g (4oz) demerara sugar**

**10ml (2tsp) ground cinnamon (optional)**

**grated rind of 1 orange (optional)**

**1 egg (size 3) mixed with a little milk to glaze  
demerara sugar**

- 1 For pastry, rub butter into flour until mixture resembles breadcrumbs. Stir in sugar and bind with egg yolk. Add enough cold water to make a soft but not sticky dough. Chill whilst making the filling.
- 2 For filling, combine apple, sugar, cinnamon (if using) and orange rind (if using) in a large bowl. Cook on 100P (HIGH) for 8 minutes, stirring twice.
- 3 Line the base of a greased, 20.4 x 2.5cm (8x1") pie dish with half the pastry. Cook the pastry base on 50P (MEDIUM) for 7-8 minutes. Spoon in apple mixture, roll out remaining pastry and cover.
- 4 Pinch pastry edges to seal and make a slit in the centre with a sharp knife. Brush with egg mixture to glaze and sprinkle generously with sugar.
- 5 Place on the turntable, use Sequence Programming to cook on 50P (MEDIUM) for 6 minutes and then on DUAL GRILL, 50P (MEDIUM) for a further 6 minutes until golden.



## CAKES & BISCUITS

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### MOIST CARROT CAKE

---

**SERVES 6-8**

**150ml (1/4 pint) sunflower oil**

**225g (8oz) soft brown sugar**

**3 eggs (size 3), beaten**

**175g (6oz) self raising flour**

**5ml (1tsp) bicarbonate of soda**

**1.25 ml (1/4 tsp) salt**

**10ml (2tsp) cinnamon**

**2 large carrots, grated**

**100g (4oz) walnut halves, roughly chopped**

**icing:**

**225g (8oz) cream cheese**

**grated rind of 1 lemon**

**5ml (1tsp) lemon juice**

**30ml (2 tbsp) icing sugar**

**25g (1oz) walnuts, finely chopped to sprinkle**

- 1 Combine the oil, sugar and eggs. Fold in the flour, bicarbonate of soda, salt and cinnamon. Add the carrots and walnuts, mix well.
- 2 Grease and line a 20.4cm (8") soufflé dish with greaseproof paper, pour in the cake mixture.
- 3 Place on turntable, cook on 50P (MEDIUM) for 20-22 minutes until a skewer comes out clean. Allow to cool before decorating.
- 4 To prepare icing, combine cream cheese, lemon rind, lemon juice and icing sugar until smooth. Spread on top of the cake, sprinkle with walnuts.



## CAKES & BISCUITS

### CHERRY & ALMOND CAKE

SERVES 6

175g (6oz) butter
175g (6oz) caster sugar
3 eggs (size 3)
175g (6oz) plain flour
5ml (1tsp) baking powder
100g (4oz) glacé cherries, quartered
75g (3oz) ground almonds
5ml (1tsp) almond essence
15ml (1tbsp) milk

**Microwave Tip: Softening hard marzipan**

Remove marzipan from packaging, place on turntable and heat on 100P ( HIGH) for 30 seconds.

- 1 Cream the butter and sugar together until light and fluffy, beat in the eggs.
- 2 Fold in flour and baking powder, stir in cherries, ground almonds, almond essence and milk.
- 3 Grease and line the base of a 17.8cm (7") cake dish with greaseproof paper. Spoon in the cake mixture and smooth the surface.
- 4 Place on turntable, use sequence programming to cook on 50P (MEDIUM) for 9 minutes, then on DUAL GRILL, 30P ( MEDIUM LOW) for 5-6 minutes until a skewer comes out cleanly.

### PLAIN MICROWAVE CAKE

SERVES 4-6

100g (4oz) margarine
100g (4oz) caster sugar
2 eggs (size 3), beaten
100g (4oz) self raising flour
30-45ml (2-3tbsp) water

- 1 Cream margarine and sugar, beat in the eggs. Fold in the flour and water. Grease and line the base of a 17.8cm (7") cake dish with kitchen paper. Spoon mixture into dish and smooth.
- 2 Cook on 100P (HIGH) for 4-5 minutes until firm. Allow to cool slightly before turning out.

### CARAMEL SHORTBREAD

SERVES 6-8

shortbread:
100g (4oz) butter
50g (2oz) caster sugar
125g (5oz) plain flour
25g (1oz) ground rice
caramel:
50g (2oz) butter
50g (2oz) caster sugar
200g (7oz) condensed milk
15ml (1tbsp) golden syrup
topping:
100g (4oz) milk chocolate, in small pieces

**Variation:**

**Shortbread:** Omit caramel and chocolate. Make as to Stage 3. Before cooling, dredge with sugar, prick all over with a skewer and cut into wedges.

- 1 To prepare the shortbread, cream the butter and sugar until light and fluffy, gradually add the flour and ground rice to make a firm dough.
- 2 Press the dough evenly into a greased 17.8cm (7") flan dish, cook on 50P (MEDIUM) for 6 minutes.
- 3 Press the hot shortbread firmly down with the back of a spoon, allow to cool.
- 4 To prepare the caramel, place all ingredients in a bowl, mix well. Cook on 100P (HIGH) for 5 minutes, stir every minute until toffee coloured.
- 5 Pour caramel onto the shortbread, chill to set.
- 6 When caramel is cold, place the chocolate in a small bowl and heat on 100P (HIGH) for 1-2 minutes, stir every minute until evenly melted. Spread on to the caramel, chill to set the chocolate before cutting into slices.

## CAKES & BISCUITS

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### RICH FLAPJACK

---

SERVES 6-8

**175g (6oz) butter**

**100g (4oz) caster sugar**

**175g (6oz) golden syrup**

**275g (10oz) jumbo oats**

- 1 Place the butter, sugar and syrup in a large bowl, heat on 100P (HIGH) for 4 minutes, stir every minute until melted, add the oats, mix well.
- 2 Spoon mixture into a greased 20.3cm (8") flan dish, smooth the surface.
- 3 Place on low rack, use sequence programming to cook on 50P (MEDIUM) for 6-8 minutes, then on DUAL GRILL, 30P (MEDIUM LOW) for 4 minutes until brown.

### CHOCOLATE BROWNIES

---

SERVES 6-8

**225g (8oz) margarine**

**225g (8oz) caster sugar**

**7.5ml (1½tsp) vanilla essence**

**4 eggs (size 3), beaten**

**100g (4oz) plain flour**

**50g (2oz) cocoa powder**

**2.5ml (½tsp) baking powder**

**75g (3oz) walnuts, roughly chopped**

- 1 Combine the margarine, sugar, vanilla essence and eggs together until smooth.
- 2 Stir in the remaining ingredients.
- 3 Grease and line the base of a deep, square 20.4cm (8") dish with greaseproof paper, spoon in the brownie mixture and smooth the surface.
- 4 Place on turntable, cook on 50P (MEDIUM) for 20 minutes until a skewer comes out cleanly.

## BREAD & SCONES

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### POTATO BREAD

---

SERVES 4

**275g (10oz) potato, cooked and mashed**

**275g (10oz) self raising flour**

**100g (4oz) mature Cheddar cheese, grated**

**5ml (1tsp) salt**

**5ml (1tsp) mixed dried herbs**

**2 cloves garlic, crushed (see Tip, Page 42)**

**10ml (2tsp) whole grain mustard**

**1 egg (size 3), beaten**

**75ml (5tbsp) milk**

**1 egg (size 3), beaten to glaze**

**5ml (1tsp) fresh parsley, chopped to sprinkle**

- 1 Place the potato, flour, cheese, salt, herbs, garlic and mustard in a large bowl, mix well.
- 2 Add the egg and milk, mix to form a soft dough. Knead the dough into a round shape approx. 20.4cm (8") in diameter. Place in a 25.4cm (10") flan dish, brush with egg to glaze, sprinkle with parsley.
- 3 Place on the low rack, use sequence programming to cook on 50P (MEDIUM) for 8 minutes, then on DUAL GRILL, 50P (MEDIUM) for 8 minutes until golden.

*Serve with soup, cheese or salad.*



## BREAD & SCONES

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### MILK BREAD

---

MAKES 2 LOAVES

**675g (1½lb) strong white flour**

**1 x 7g sachet of easy blend yeast**

**10ml (2tsp) caster sugar**

**5ml (1tsp) salt**

**50g (2oz) butter**

**450ml (¾ pint) hand hot milk**

**1 egg (size 3), beaten to glaze**

#### **Variations:**

**Wholemeal Bread:** Substitute strong white flour with strong wholemeal flour.

**Crisp wholemeal rolls:** Divide into 12 even pieces at Stage 4. Place in two greased flan dishes and prove one layer at a time on LOW for 3-4 minutes. Place on the low rack and cook on DUAL GRILL, 50P (MEDIUM) for 7-8 minutes until golden.

- 1 Place flour, yeast, sugar and salt in a large bowl, mix well. Rub in the butter, add milk, mix to a soft, pliable dough. Turn out and knead for 3-4 minutes until smooth. Return dough to bowl, cover with cling film.
- 2 Place on turntable and prove on 10P (LOW) for 8-9 minutes until almost double in size.
- 3 Divide dough into two equal pieces, knead each in turn for 2-3 minutes. Shape dough into oblongs to fit two greased, 1.5 litre (2½ pint) Pyrex® loaf dishes. Cover with cling film, return to oven to prove.
- 4 Prove on 10P (LOW) for 6 minutes.
- 5 Remove cling film. Glaze with egg, using scissors, make shallow snips all over the surface to make a "spiky" effect (optional).
- 6 Place both dishes on turntable, use sequence programming to cook on 50P (MEDIUM) for 16 minutes, then on DUAL GRILL, 50P (MEDIUM) for 5-6 minutes until golden.



### DATE & WALNUT BREAD

---

SERVES 6-8

**175g (6oz) dates, chopped**

**150ml (¼ pint) boiling water**

**225g (8oz) plain flour**

**125g (5oz) wholemeal flour**

**125g (5oz) caster sugar**

**2.5ml (½tsp) salt**

**2.5ml (½tsp) bicarbonate of soda**

**100g (4oz) butter**

**125g (5oz) walnuts, roughly chopped**

**150ml (¼ pint) milk**

**1 egg (size 3), beaten**

- 1 Place dates in a large bowl, add the boiling water, leave aside to cool.
- 2 Place flours, sugar, salt and bicarbonate of soda in a bowl, mix well. Rub in butter until mixture resembles fine breadcrumbs, stir in walnuts.
- 3 Add the date mixture, milk and egg, mix well.
- 4 Grease and line the base of a 1.5 litre (2½ pint), straight-sided loaf dish with greaseproof paper. Spoon in loaf mixture and smooth the surface.
- 5 Place on turntable, use sequence programming to cook on 70P (MEDIUM HIGH) for 8 minutes, then on DUAL GRILL, 70P (MEDIUM HIGH) for 6 minutes until a skewer comes out clean.

*Serve sliced, spread generously with butter.*

## SAUCES

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### WHITE SAUCE

---

MAKES 300ML (1/2 PINT)

**25g (1oz) butter**

**25g (1oz) plain flour**

**300ml (1/2 pint) milk**

**salt and pepper to taste**

#### **Variations:**

**Cheese sauce:** Add 75g (3oz) grated cheese and 5ml (1tsp) mustard powder at Stage 2. Serve with vegetables, fish, meat.

**Parsley sauce:** Stir 15-30ml (1-2tbsp) chopped parsley into the finished sauce. Serve with fish.

**Onion sauce:** Stir 1 large cooked onion, finely chopped, into finished sauce. Heat on HIGH for 1 minute. Serve with meat or vegetables.

1 Place the butter in a bowl, heat on 100P (HIGH) for 30 seconds until melted.

2 Stir in the flour and whisk in the milk. Cook on 100P (HIGH) for 5 minutes, stir every minute until thick and smooth. Season with salt and pepper

**Mushroom sauce:** Add 2 sliced spring onions, 50g (2oz) chopped mushrooms and 5ml (1tsp) chopped parsley at the beginning of Stage 2. Serve with fish.

**Sweet white sauce:** Omit salt and pepper from the basic recipe. Add 50g (2oz) caster sugar at Stage 2. Serve with puddings as an alternative to custard.

### SPICY TOMATO SAUCE

---

MAKES 600ML (1 PINT)

**8 large tomatoes, chopped**

**1 large onion, chopped**

**2 cloves garlic, crushed (see Tip, page 42)**

**300ml (1/2 pint) red wine**

**2.5ml (1/2tsp) chilli powder**

**15ml (1tbsp) whole grain mustard**

**30ml (2tbsp) tomato paste**

1 Combine all ingredients in a large bowl. Cook on 100P (HIGH) for 24 minutes, stir every 5-6 minutes.

2 Blend in a food processor until smooth.

*Serve with chicken, pasta or stuffed tofu, (see page 39).*

### BLUE CHEESE SAUCE

---

MAKES 150ML (1/4 PINT)

**75g (3oz) Danish Blue cheese, finely chopped**

**45ml (3tbsp) soured cream**

**30ml (2tbsp) fresh parsley, chopped**

**salt and pepper to taste**

1 Place the cheese, soured cream and parsley in a bowl, mix well. Season.

2 Heat on 100P (HIGH) for 2-3 minutes.

*Serve with Pasta with Pinenuts (page 44).*

### TOFFEE & WALNUT SAUCE

---

MAKES 300ML (1/2 PINT)

**125g (5oz) butter**

**175g (6oz) dark soft brown sugar**

**90ml (6tbsp) double cream**

**50g (2oz) walnuts, finely chopped**

1 Combine all ingredients in a bowl, heat on 70P (MEDIUMHIGH) for 5-6 minutes, stir every minute until sugar has dissolved and the mixture is thick and glossy.

*Serve hot with ice-cream or Sticky Toffee Pudding. (See page 45)*

## PRESERVES & SWEETS

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### STRAWBERRY JAM

---

MAKES 675g (1½LB)

**675g (1½lb) strawberries, washed and hulled**

**45ml (3tbsp) lemon juice**

**675g (1½lb) caster sugar**

**\*setting point:** Place 5 ml (1tsp) jam onto chilled saucer. Stand for 1 min. Move surface of the jam gently with finger, if surface wrinkles then setting point has been reached.

- 1 Place strawberries and lemon juice in a very large bowl.
- 2 Heat on 100P (HIGH) for 5 minutes until strawberries have softened. Add the sugar, mix well.
- 3 Cook on 70P (MEDIUM HIGH) for 35-40 minutes until setting point\* is reached, stir every 4-5 minutes.
- 4 Pour into hot, clean jars. Cover, seal and label.

### LEMON CURD

---

MAKES 300g (12oz)

**100g (4oz) butter**

**225g (8oz) caster sugar**

**15ml (1tbsp) cornflour**

**Juice of 3 medium lemons**

**Grated rind of 2 lemons**

**4 egg yolks (size 3), beaten**

- 1 Place butter and sugar in a bowl. Heat on 100P (HIGH) for 2 minutes until melted.
- 2 Mix cornflour, lemon juice and rind. Stir into the butter and sugar mixture. Heat on 100P (HIGH) for 2 minutes until sugar has dissolved. Cool slightly.
- 3 Beat in the egg yolks and cook on 50P (MEDIUM) for 10-12 minutes, stir every 2 minutes until thickened.
- 4 Pour into hot, clean jars. Cover, seal and label.

### TREACLE TOFFEE

---

MAKES 600g (20oz)

**450g (8oz) soft dark brown sugar**

**150ml (10tbsp) water**

**10ml (2tsp) treacle**

**50g (2oz) butter**

**50ml (4tbsp) malt vinegar**

- 1 Place all ingredients in a bowl, mix well. Heat on 70P (MEDIUM HIGH) for 26-28 minutes, stir every 2-3 minutes until toffee reaches hard crack\* stage.
- 2 Pour into a greased, square 15.3cm (8") dish. Chill to set before breaking.

### PEANUT BRITTLE

---

MAKES 300g (10oz)

**100g (4oz) caster sugar**

**75g (3oz) golden syrup**

**60ml (4tbsp) water**

**2.5ml (½tsp) baking powder**

**25g (1oz) butter**

**125g (5oz) unsalted peanuts, blanched**

**\*Hard crack:** To determine drop a teaspoon of mixture into a glass of cold water and the toffee should be hard to the touch.

- 1 Mix sugar, syrup and water in a bowl. Heat on 100P (HIGH) for 2 minutes, stir every minute until sugar has dissolved.
- 2 Add the baking powder and butter, mix well. Heat on 100P (HIGH) for 1 minute. Stir in the peanuts, cook on 70P (MEDIUM HIGH) for 4-5 minutes, stir every minute until hard crack\* stage is reached.
- 3 Pour the mixture into a greased, square 15.3cm (6") dish, chill to set before breaking.

### CHOCOLATE FUDGE

---

MAKES 675g (1½LB)

**100g (4oz) milk chocolate, broken into pieces**

**100g (4oz) butter, melted**

**450g (1lb) icing sugar**

**45ml (3tbsp) milk**

- 1 Place the chocolate in a bowl and heat on 100P (HIGH) for 2 minutes, stir every 30 seconds until melted.
- 2 Stir in butter, icing sugar and milk. Heat on 100 P (HIGH) for 3 minutes, stir vigorously every minute until the mixture is thick and glossy.
- 3 Pour into a greased, rectangular 20.4 x 15.3cm (8 x 6") dish, chill to set before cutting.



## CLEANING & MAINTENANCE

### OVEN INTERIOR

**Clean the microwave oven cavity, after each use with a mild detergent solution on a soft cloth, pay special attention to the waveguide cover.**

Take care not to let soapy water drip through the small holes in the oven walls and the cavity floor particularly if the turntable and roller stay are removed. Excess water spillage through these holes will cause damage to the oven interior. It is important that the door seals and sealing surfaces are kept clean at all times, wipe regularly with a damp cloth.

To prevent splashing, cover food wherever possible.

### TURNTABLE & SUPPORT

Leave to cool before cleaning to prevent them from breaking.

### OUTER CABINET

Wipe the outside cabinet with a mild detergent solution on a soft cloth. The control panel must be wiped clean whilst the door is open, therefore inactivating the oven.



#### WARNINGS-

- **Do not allow grease or dirt to build up on the door seals and adjacent parts as this may prevent the door from closing correctly and may cause a leakage of microwaves. To clean use a mild detergent solution on a soft damp cloth.**
- Keep the waveguide cover clean at all times. If you leave grease or fat in the cavity, it may overheat, smoke or even catch fire when next using the oven.
- Never use spray cleaners, oven keys or abrasive scourers as these damage the surface of the oven.



## TROUBLESHOOTING

If you think the oven is not working properly there are some simple checks you can carry out yourself before calling an engineer. This will help prevent unnecessary service calls if the fault is something simple.

Simply answer "YES" or "NO" to the following questions: (Put half a cup of water in the oven, on the turntable and close the door. Programme the oven to cook for 1 minute, select 100P (HIGH) and press **START/ AUTO MINUTE**.)

1. Does the oven lamp come on when it is cooking? YES/NO
2. Does the turntable rotate? YES/NO
3. Does the cooling fan work? (Check by placing your hand above the air vent openings) YES/NO
4. After 1 minute does the "beep" sound? YES/NO
5. Is the water in the cup hot? YES/NO
6. Press the **1 MINUTE** key 3 times, then **START/ AUTO MINUTE**

At the end of 3 minutes, does the grill heater become hot? YES/NO

If you answer "NO" to any question first check that the oven is plugged in properly and the fuse has not blown, if there is no fault with either, check against the troubleshooting chart on page 41.



#### WARNINGS:

- **It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.**
- The door seal stops microwave leakage during oven operation, but does not form an airtight seal. It is normal to see drops of water, light or feel warm air around the oven door. Food with a high moisture content will release steam and cause condensation inside the door which may drip from the oven.
- Repairs & Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer Cabinet & Lamp Access: Never remove the outer cabinet. This would be very dangerous due to high voltage parts inside which must never be touched, as this could be fatal. As your oven is not fitted with a lamp access cover, if the lamp fails, do not attempt to replace the lamp yourself, call a Service Technician appointed by SHARP.



PROBLEM	POSSIBLE CAUSE
Draught circulates around the door.	When oven is working, air circulates within the cavity. The door does not form an airtight seal so air may escape from the door.
Condensation forms in the oven, and may drip from the door.	The oven cavity will normally be colder than the food being cooked, and so steam produced when cooking will condense on the colder surface. The amount of steam produced depends on the water content of the food being cooked. Some foods, such as potatoes have a high moisture content. Condensation trapped in the door glass should clear after a few hours.
Flashing or arcing from within the cavity when cooking.	Arcing will occur when a metallic object comes into close proximity to the oven cavity during cooking. This may possibly roughen the surface of the cavity, but would not otherwise damage the oven.
Arcing potatoes.	Ensure all "eyes" are removed and stand directly onto the turntable or in a heat resistant flan dish or similar.
After setting the time, the oven does not start.	Check the door is closed properly.
Oven cooks too slowly.	Ensure correct power level has been selected.
Oven makes a noise.	The microwave energy pulses ON/OFF during cooking/defrosting.
Outer cabinet is hot.	The cabinet may become warm to the touch - keep children away.

## TO REPLACE THE MAINS PLUG



The wires in the mains cable are colour coded as shown opposite:

green and yellow stripes	=	<b>EARTH</b>
blue	=	<b>NEUTRAL</b>
brown	=	<b>LIVE</b>

As the colours of the cores in the mains lead of your oven may not correspond with the coloured marking identifying the terminals in your plug, connect the wires as shown:

Make sure the terminal screws are tight and the cable is held securely by the cable grip where it enters the plug. Like most appliances in your home, your oven must be connected to a single phase 230/240 Volt, 50Hz alternating current supply.

If you do not make the proper electrical connections you might damage the oven or injure yourself. Neither SHARP nor the supplier will be liable if this happens.

- The green and yellow wire to the plug terminal marked E or  $\equiv$  or coloured green or coloured green and yellow.
- The blue wire to the plug terminal marked N or coloured black or coloured blue.
- The brown wire to the plug terminal marked L or coloured red or coloured brown.



### **WARNING!**

**THIS APPLIANCE MUST BE EARTHED.  
IF YOU HAVE ANY DOUBTS ABOUT YOUR  
ELECTRICAL SUPPLY ASK A QUALIFIED  
ELECTRICIAN.**



## CALLING FOR SERVICE

- If you are unable to resolve a problem using the checks covered on the last few pages, **do not attempt to service this microwave oven yourself.**
- Contact the dealer or supplier from whom the oven was purchased in order to obtain service. Where this is not possible, please contact the SHARP Customer Information Centre, telephone: LoCall 0345 125387.  
**(All calls will be charged at local rate).**
- For general information & assistance with oven queries, please contact our  
**Customer Information Centre:**  
Telephone: 0161 205 2623.
- Replacement accessories may be obtained from our main parts distributor Willow Vale Electronics Ltd.  
Telephone: Manchester: 0161 682 1415  
Reading: 01734 876444



## GUARANTEE

Subject to the conditions listed below, SHARP Electronics (U.K.) Ltd (hereafter called "the Company"), guarantee to provide for the repair of, or, at its option replace this SHARP equipment, or any component thereof, (other than Glass/Ceramic Turntables), which is faulty or below standard, as a result of inferior workmanship or materials.

### The conditions of the Guarantee:

1. This Guarantee shall only apply to defects or faults which are notified to the Company, or its Service Technician appointed by Sharp, within one year from the date of purchase of the equipment, provided that this Guarantee shall extend for a further period of one year in respect of microwave oven magnetron parts only.
2. This Guarantee covers equipment intended for private domestic use only. This oven is suitable for domestic food preparation and is not designed for commercial, industrial or laboratory use. This Guarantee does not apply to equipment used in the course of a business, trade or profession. Only use the microwave oven for cooking, defrosting or reheating of food. SHARP declines any liability for damages caused by improper use.
3. This Guarantee does not cover any faults or defects caused by accident, misuse, fair wear and tear, neglect, tampering with the equipment, or any attempt at adjustment or repair other than by a Service Technician Appointed by Sharp. Please clean your microwave oven regularly and remove any stains or fat residues without delay. Failure to do this may affect the quality and safety of the product or prejudice your guarantee.
4. In the unlikely event of your equipment requiring repair, please contact the dealer or supplier from whom it was purchased. You will need to provide proof of date of purchase to the repairing company. Please keep your invoice or receipt, which is supplied at the time of purchase. Where it is not possible to contact the dealer or supplier from whom the oven was purchased, please contact the telephone number given below. You will then be given details of how to obtain service. Telephone: LoCall 0345 125387  
(All calls will be charged at local rate.)
5. This Guarantee is offered as an additional benefit to the consumer's statutory rights and does not affect these rights in any way.

SHARP parts and accessories have been specifically designed for SHARP Microwave ovens. No liability can be accepted for any inaccuracies or omissions in this publication, although every possible care has been taken to make it as complete and accurate as possible.



AC Line Voltage	Single phase 230-240 V, 50 Hz
Power Consumption:	
Microwave	1.55 kW
Grill	1.25 kW
Microwave/Grill	2.75 kW
Input Current:	
Microwave	7 A
Output power:	
Microwave	900 W (IEC 705)
Grill	1200 W (600W x2)
MAFF heating category	E
Microwave frequency	2450 MHz
Outside Dimensions	520(W) x 305(H) x 413(D) mm
Cavity Dimensions	342(W) x 207(H) x 368(D) mm
Oven capacity	26 litres
Cooking uniformity	Turntable diameter (325mm)
Weight	Approx. 18kg

This oven complies with the requirements of Directives 89/336/EEC and 73/23/EEC as amended by 93/68/EEC.

As part of a policy of continuous improvement, we reserve the right to alter design and specification without notice.

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The illustrations, technical information and data contained in this publication to our best knowledge, were correct at the time of going to print. The right to change specifications, at any time, without notice, is reserved as part of our policy of continuous development and improvement.



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